

How to Stay Healthy and Informed during the 2009 H1N1 Influenza (**Swine Flu**) Outbreak

The 2009 H1N1 (Swine Flu) Influenza Virus has been spreading from person-to-person in many of the same ways that regular, seasonal flu is transmitted: by coughing, sneezing, or touching something that has come in contact with the virus from people's sneezes or coughs. You can **NOT** become infected with the 2009 H1N1 virus by eating pork.

Here are a Few Ways to Keep Yourself Healthy During this Outbreak and During Regular Flu Season...



Practice Good Personal Hygiene

Sneeze or cough into a tissue and throw away used tissues in trash. If you do not have tissues available, cough or sneeze into your sleeve or arm, not your hands.

Wash your hands often with soap (regular or antibacterial) and water for at least 20 seconds (sing the "Happy Birthday song" twice!). Use alcohol-containing hand gels if hand-washing facilities are not readily available. Always wash your hands: before and after preparing food or eating; after using the restroom; before and after touching your nose, eyes, or mouth; and after touching items that may have been exposed to body fluids. Turn page over for tips on proper hand washing.



Stay Home if You Feel Ill

Before coming to work, ask yourself the following:

- Do I have a fever of over 100°F or 38°C?
- Do I have a sore throat?
- Am I coughing?
- Do my muscles ache?
- Do I feel ill or extremely weak/fatigued?

If you answered **"yes"** to two or more of the questions above:

- Do not report to work; stay at home.
- Notify your supervisor as soon as possible.

- Go to your health care provider if you have symptoms such as difficulty breathing, but if your symptoms are mild stay home to avoid spreading the virus to others.

Also keep your children home from school or activities if they have fever or feel ill.

Employees who need to be out due to the influenza outbreak and cannot work from home should take advantage of available time balances such as personal leave. Should the outbreak continue or worsen, AED will consider implementing exceptional time allowance measures.



Stay Informed and Prepared

- Read the Daily Flu Update emails from AED and check www.aed911.org every day.
- Keep up with local news and follow local government advice regarding school closures, avoiding crowds and other social distancing measures in your community.
- Develop a family emergency plan as a precaution. This should include storing a supply of food, medicines, facemasks, alcohol-based hand rubs and other essential supplies.

Current Medical and Public Health Guidance

U.S. Government

www.pandemicflu.gov

(one-stop access to U.S. Government swine, avian and pandemic flu information)

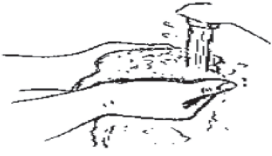






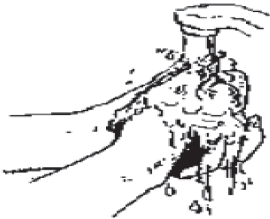

Washington, D.C. Department of Health

<http://dchealth.dc.gov/doh/site/default.asp>







New York City Department of Health

<http://www.nyc.gov/html/doh/html/home/home.shtml>

Hand Hygiene with Soap and Water

<p>1. Remove jewelry. Wet hands with warm water.</p> 	<p>2. Add soap to palms.</p> 	<p>3. Rub hands together to create a lather.</p> 
<p>4. Cover all surfaces of the hands and fingers.</p> 	<p>5. Clean knuckles, back of hands, and fingers.</p> 	<p>6. Clean the space between the thumb and index finger.</p> 
<p>7. Work the finger tips into the palms to clean under the nails.</p> 	<p>8. Rinse well under warm running water.</p> 	<p>9. Dry with a single-use towel and then use towel to turn off the tap.</p> 
<p>Minimum wash time 10-20 seconds</p>		

Hand Hygiene with Alcohol-based Hand Sanitizer

<p>1. Remove jewelry. Apply enough product to open palms. **</p> 	<p>2. Rub hands together palms to palms.</p> 	<p>3. Rub in between and around fingers.</p> 
<p>4. Cover all surfaces of the hands and fingers.</p> 	<p>5. Rub backs of hands and fingers. Rub each thumb.</p> 	<p>6. Rub fingertips of each hand in opposite palm.</p> 
<p>7. Keep rubbing until hands are dry. **The volume required to be effective varies from product to product. Enough product to keep hands moist for 15 seconds should be applied. Do not use these products with water. Do not use paper towels to dry hands.</p>		

Note: Wash hands with soap and water if hands are visibly dirty or contaminated with blood or other body fluids. Certain manufacturers recommend washing hands with soap and water after 5-10 applications of gel.