

## 2009 Influenza A/H1N1 Employee Information

### Why is everyone talking about the Influenza A/H1N1 (Swine Flu)?

- Influenza A/H1N1 is a new or “novel” influenza virus that is spreading quickly.
- The World Health Organization (WHO) has raised the Pandemic Alert level to 6: Widespread Human Infection.
- Humans do not have immunity to this Influenza A/H1N1 illness.
- Influenza A/H1N1 may be harder to detect with standard screening.

### What do I need to do at work?

- Watch for signs and symptoms of influenza in yourself, relatives, co-workers, and individuals in your care.
- Report to a healthcare provider and your supervisor immediately if you develop signs or symptoms of influenza.
- If you are sick, stay home.
- Symptoms of 2009 Influenza A/H1N1
  - Aches and pains, headache, sore throat
  - fever
  - Cough/head and lung congestion
  - Possibly diarrhea/nausea/vomiting
- If symptoms are present
  - Isolate: Droplet and Contact Precautions: patient/resident/client needs to stay in their room or at home!
  - Caregivers should use surgical masks, eye protection, gown, and gloves.
  - Contact a healthcare provider immediately. If the affected individual must go into the public, they must wear a mask.
  - Flu medications (Tamiflu and Relenza) are effective with this particular Influenza A/H1N1.
  - Use antiviral medications with care.
- If you have questions, e-mail Michelle Dore, Director of McLeod Epidemiology, [mdore@mcleodhealth.org](mailto:mdore@mcleodhealth.org) or go to [www.cdc.gov](http://www.cdc.gov)

### What do I need to think about for myself and my family?

- It is important to THINK and use common sense.
- Do not work if you are sick, and do not force children to go to school if they are sick.
- Eat right and get enough rest. Avoid crowds if possible. Don't touch your face.
- Wash hands with soap and water 15-30 seconds or use hand sanitizer or wipes, especially when in public.
- Avoid any person who is coughing or sneezing.
- If you start to feel sick during your shift, notify your supervisor immediately and put on a mask.  
You will need to be evaluated by your private physician or healthcare provider. Go home.
- Contact your supervisor if you or your family member become sick with symptoms of the flu.
- Please remember that you cannot catch influenza by eating pork or pork products.