

**GOT RISK?**

# District *Safety* Gram

## PEOPLE-MISSION-SAFETY



### Swine Flu

The Novel H1N1 virus, also known as the swine flu, has become an important topic in recent health related news. This virus has spread to the point that it is considered a pandemic health issue. Due to the confined nature of office buildings, people can spread the disease quite easily. Because of this, the importance of staying healthy at work cannot be stressed enough. Here is some helpful information regarding the H1N1 virus.

#### **Staying safe:**

➤ **Signs and Symptoms:** These are the signs of what to look for if you or someone around you may be ill and suspected of having the flu.

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headache
- Fatigue
- Chills
- Diarrhea
- Vomiting

➤ **What to Do:** If you or someone around you is suspected of having the swine flu, these tips will help with recovery and preventing the spread of the virus.

- Cover the mouth and nose, as they are major pathways for spreading the virus.
- Wash or sanitize hands regular basis.
- Avoid touching the mouth, nose, or eyes.
- Limit contact. People with the disease should avoid close contact with others for at least 1 week after getting symptoms, or 24 hours after the symptoms have passed, whichever takes longer.
- Contact your local healthcare provider – especially in more severe cases and or cases involving people in weakened states. H1N1 can be deadly and should not be disregarded.

➤ **REMEMBER:** All employees should contact their supervisor, if they have these symptoms. And do not come in to work.

**You don't have to be a pig to get the flu!**

