

# GOT RISK?

## District *Safety* Gram **PEOPLE-MISSION-SAFETY**

### *Surviving the Flu Pandemic*



*That scratchy throat, the sneeze, and snuffle - you've caught another cold or the flu. It's not the first in your life and it won't be the last. But this year is different. Flu season has gotten much more attention because the H1N1 flu has been declared a pandemic, which means it is expected to affect many people around the world.*

#### ***Staying safe:***

- Wash your hands frequently with warm water and soap or hand sanitizer. Clean your hands after coughing or sneezing or blowing your nose.
- Wash up after touching common surfaces such as phones, railings, or work benches.
- Cover your cough with your upper shirt sleeve.
- Avoid touching your eyes, nose, and mouth.
- Practice "social distancing." Avoid or minimize contact with infected people. Stay out of crowds.
- Minimize group meetings; use e-mails, phone conferences, web sessions, and text messaging. If meetings are necessary, avoid close contact with others and make sure that the meeting room is well ventilated.
- Limit unnecessary visitors to the workplace.
- Stay home from work if you have flu symptoms. These may include fever, runny nose, body aches, sore throat, cough, nausea, vomiting, or diarrhea.
- Maintain a healthy lifestyle, paying attention to rest, diet, exercise, and relaxation for good overall health.
- Learn your part in your organization's pandemic plan. Find out whom you should contact if you are sick. If others are absent, what extra duties will you take on?
- Find out your organization's policies on taking leave to care for family members.
- Tell your supervisor and co-workers if you have any medical conditions that could be a concern if you become ill at work.
- Get your flu shot.

***Give yourself a shot at a healthy fall this year! Be sure that you and your loved ones get their flu immunizations before it's too late.***

