

# KNOW WHAT TO DO ABOUT THE FLU



# How does novel H1N1 Influenza spread?



- The same way seasonal flu spreads primarily via respiratory droplets
  - Hand to mucus membranes (e.g., mouth, nose, eyes)
  - Coughing
  - Sneezing



New York State Department of Health

**AWARE  
PREPARE**  
KNOWLEDGE IS POWER.

# How soon can I become sick?

***Answer: Very quickly due to short incubation!***

- Symptoms 1-4 days after exposure
- Infectivity
  - Viral shedding can begin 1 day BEFORE symptoms
  - Peak shedding first 3 days of illness
  - Subsides by 5-7 days
    - Can be 10+ days in children

# How soon can I become sick?

***Answer: Very quickly due to short incubation!***

- Symptoms 1-4 days after exposure
- Infectivity
  - Viral shedding can begin 1 day BEFORE symptoms
  - Peak shedding first 3 days of illness
  - Subsides by 5-7 days
    - Can be 10+ days in children

# Get the vaccine, not the flu!

- Vaccination is the best way to reduce your risk of getting or spreading the flu
- Everybody should get seasonal flu vaccine as soon as it is available.
- Get H1N1 as soon as it is available to you
  - Vaccine priority is based on risk status

# Guidance for Employers

- Plan for how you can continue “Business as Usual” if there is large scale absenteeism or interruptions to your supply chain
- Review/revise Continuity of Operations Plan
- Re-evaluate any policies that encourage workers to come to work if they are sick
- Don’t require doctor’s note for return to work



New York State Department of Health



# Guidance for Employers

- Encourage vaccination
  - Provide seasonal flu vaccine to your staff at no cost, or time off to get vaccinated
- Encourage ill workers to stay home
  - Stay out of work until 24 hours after fever ends (with no use of fever reducing medication)
  - Do not bring sick children to work!
  - Employees with ill family members at home can go to work as usual and should monitor their health daily for any signs of illness



New York State Department of Health



# Workplace hygiene 101:

- **CARRY** tissues and hand sanitizer to work
- **COVER** your nose and mouth with a tissue when you cough or sneeze or cough or sneeze into your elbow—not your hands
- **WASH** your hands often with soap and water or use hand sanitizer when you're not near a sink &
- **STAY HOME** if you are sick.
- **GO** home if you get sick at work
- **STAY HOME** for 24 hours after symptoms resolve



New York State Department of Health

**AWARE  
PREPARE**  
KNOWLEDGE IS POWER.

# Guidance for Employers

- Management of an employee who comes to work with influenza-like illness
  - Isolate employee, notify employee health
  - Send employee home as soon as possible
- Management of their co-workers
  - Have employees monitor themselves for symptoms
  - Advise employees to check with their doctor about any special care they might need if they are pregnant or have chronic health conditions

# Guidance for Employers

- Adjust procedures to avoid putting people in close proximity to one another
  - Hold teleconferences or videoconferences instead of face-to-face meetings
  - Consider flexible schedules that allow employees to come to work at times when they will be exposed to fewer people
  - Consider allowing “work from home” if possible



New York State Department of Health



# Guidance for Employers

- Encourage hygiene in the workplace
  - Posters, education, brochures
  - Provide sufficient facilities for hand washing, hand sanitizer, tissues, disinfectants, and disposable towels for employees
  - Keep face masks on hand for employees who get sick at work
  - Discourage sharing of pens, pencils, telephones, etc.



New York State Department of Health



