

Kenosha County Division of Health
Guidance on Employee Personal Protection During Influenza
September 2, 2009

BACKGROUND

Novel H1N1 (referred to as “swine flu” early on) is a new influenza virus causing illness in people. This new virus was first detected in people in the United States in April 2009. This virus is spreading from person-to-person worldwide, probably in much the same way that regular seasonal influenza viruses spread. On June 11, 2009, the World Health Organization (WHO) signaled that a pandemic of novel H1N1 flu was underway.

SIGNS AND SYMPTOMS OF H1N1 & SEASONAL FLU

- fever greater than 100 degrees
- body aches
- coughing
- sore throat
- respiratory congestion
- diarrhea and vomiting in some cases

GENERAL EMPLOYEE RECOMMENDATIONS: Employees can take the following preventive actions to limit both H1N1 and Seasonal Flu infection.

According to the Centers for Disease Control and Prevention (CDC), no single action will provide complete protection, but a combined approach can help decrease transmission of the flu. Recommended actions:

- **STAY HEALTHY!** Plenty of rest (8 hours for adults), exercise, and eat a balanced diet.
- Wash hands frequently with soap and water for at least 15 seconds or use an alcohol based hand sanitizer when soap and water are not available.
- Cough or sneeze into your sleeve or cover your mouth and nose with a tissue.
- Avoid touching your eyes, nose and mouth.
- Obtain the seasonal influenza vaccine. When eligible, obtain the H1N1 vaccine.
- Stay home if you are sick
- People who are sick with an influenza-like illness (ILI) (see symptom list above) should stay home for at least 24 hours after fever is gone without the use of fever-reducing medications, stay away from others as much as possible, avoid travel, and avoid large crowds.
- Contact your health care provider if you experience severe symptoms –
 - Fever persists more than several days
 - Difficulty breathing
 - Shortness of breath
 - Pain
 - Lethargic, extreme fatigue
 - Signs of dehydration – decreased urine
 - And/or have a chronic medical condition
- Avoid close contact with persons with ILI, including hand shaking.
- If contact is unavoidable, maintain an arm length distance from a person with ILI.
- Keep interactions as brief as possible with a person with ILI, or schedule interactions via telephone or after the person recovers.
- Disinfect high touch surfaces in your work area, i.e. telephone, keyboards, desk tops. Use appropriate cleaners for the surface area. Alcohol wipes are recommended for keyboards.
- Additional guidance will occur if the current mild level of illness becomes more severe and widespread in the community.