

Kenosha County Division of Health
Guidance on Employee Personal Protection During Influenza
August 30, 2010

SIGNS AND SYMPTOMS OF ANNUAL 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 Annual 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 annual influenza 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.