

H1N1(novel) INFLUENZA

In 2009, there is a new flu virus, H1N1 , that is contagious and may have severe symptoms. Listed below are a few suggestions to help you reduce your risk of exposure.

DO

- ✓ Get both 'flu' shots---seasonal and H1N1
- ✓ Plan for child/ elder care if schools or daycare close
- ✓ Avoid close contact with anyone who is sick with the flu
- ✓ Wash your hands often; dry your hands with disposable paper towels; Use Hand Sanitizer
- ✓ Disinfect surfaces: work areas, door knobs, countertops, kitchen/ bathroom
- ✓ Seek medical attention if you have shortness of breath, confusion, blue/grey skin color

DO NOT

- ✓ Take aspirin or aspirin products for fever (Tylenol/ Motrin etc. are ok)
- ✓ Have direct contact with anyone sick with the flu (no hand shaking, hugs,etc.)
- ✓ Share work supplies, eating utensils, dishes
- ✓ Come to work until you have had no fever for 24 hours
- ✓ Come to a prison facility to visit if you are sick with the flu