



Champaign Health District
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What **BUSINESSES** Need to Know about Flu



Signs & Symptoms of Flu:

1. Sudden onset of symptoms
2. Fever over 100° F in adults, and as high as 103° to 105° F in children
3. Chills and sweats
4. Headache
5. Dry cough; can become severe
6. Muscle/joint aches and pains
7. Fatigue and weakness
8. Loss of appetite
9. Diarrhea and vomiting in children

Seasonal & H1N1 Flu

- Flu is a contagious respiratory illness caused by influenza viruses; H1N1 is also called “Swine” flu.
- Flu spreads from person to person (cough, sneeze, runny nose).
- In the US, 5% to 20% of the population gets seasonal flu.
- About 36,000 people die annually from flu-related causes in the US.
- H1N1 has caused greater disease burden in people **younger than 25 years of age** than in older people.
- People with certain chronic conditions may be at high risk for serious flu complications and should consult their physician.
- Those infected and contagious can infect others from 1 day before getting sick to 5 to 7 days after, possibly longer in children and people with weakened immune systems.



PLAN NOW....PREVENTION IS KEY!

- **Review your current pandemic flu plan or develop a new plan.** Involve your employees in development and review of the plan. Share the plan and policies with your employees.
- **Engage your state and local health department** to confirm channels of communication and methods for dissemination of local outbreak information.
- **Consider ways to allow sick employees to stay home** without fear of losing their jobs.
- **Develop flexible leave policies** to allow employees to stay home to care for sick family members or for children, if schools dismiss students or childcare programs close.
- **Share best practices with other businesses in your community.**
- **Add a “widget” or “button” to your company** Web page or employee Web site so employees can access the latest information on the flu:
 - www.cdc.gov/widgets
 - www.cdc.gov/SocialMedia/Campaigns/H1N1/buttons.html
 - www.hhs.gov/web/library/hhsfluwidgets.html
 - www.flu.gov/news/socialmedia
- **Purchase supplies** such as tissues, soap, and alcohol-based hand cleaners to encourage healthful habits in the workplace.
- **Plan for how business can continue if many employees must stay home.** Designate and train other employees in the event someone becomes sick to make sure you can continue your critical functions.
- **Advise all employees to stay home if they are sick**
- **Employees who get sick at work should go home as soon as possible.**
- **Encourage sick employees at higher risk of complications from flu to contact their health care provider as soon as possible.**
- **Encourage all employees who want protection from flu to get vaccinated for seasonal flu.** Also encourage employees who are at higher risk for complications from 2009 H1N1 flu to receive the vaccine when it becomes available.
- **Provide resources and a work environment that promotes hand washing and covering coughs and sneezes.** Provide tissues, no-touch trash cans, hand soap, and alcohol-based hand cleaner. Offer education on hand washing and covering coughs and sneezes in an easy-to-understand format and in appropriate languages. Go to www.flu.gov/plan/workplaceplanning/toolkit.html to find tools businesses can use.
- **Clean surfaces and items that are more likely to have frequent hand contact** with cleaning agents that are usually used in these areas. Additional disinfection beyond routine cleaning is not recommended.
- **Provide information to employees overseas** about what to do if they become sick.

FOR MORE INFORMATION
WWW.CHAMPAIGNHD.COM WWW.ODH.OHIO.GOV WWW.CDC.GOV
WWW.FLU.GOV 1-800-CDC-INFO