

Guidance for Businesses to Plan for the H1N1 Influenza (Swine Flu)

Businesses and employers have an important role to play in helping to prevent the spread of H1N1 Influenza, or Swine Flu. Please review these guidelines and share them with your employees.

Maintain a Clean Work Environment

- Flu viruses and similar germs can live 2 hours or longer on hard surfaces like tables, doorknobs, desks, and telephones. Keep such surfaces clean by washing with soap and water or wiping them with disinfectant wipes.
- Employees who deal with the public should be especially careful to wash their hands frequently, and wipe down all work surfaces that the public comes in contact with.
- Healthcare workers and others with existing occupational recommendations for infection control should continue to follow established clinical protocols for infection control and refer to H1N1-specific guidance for their occupation/setting, if available, at www.cdc.gov/H1N1flu. The use of facemasks or respirators is not recommended unless existing occupational recommendations for your profession require that you do so.

Prevention and Precautions

Colds and flu are most often transmitted by person-to-person contact through coughs and sneezes. General prevention measures include:

- Cover your mouth and nose with a tissue when you sneeze or cough; put the used tissue in the waste basket and wash your hands.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Always wash your hands before eating.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with people who are sick.

If an Employee is Ill

- Be aware of the symptoms of H1N1 influenza which may include fever, headache, cough, chills, sore throat, fatigue, body aches, and possibly diarrhea and vomiting.
- An employee who is sick should be encouraged to stay home from work and limit contact with others to keep from infecting them. They should also consult with their health care provider and stay home until fully recovered.
- Anyone who is a contact to a case of novel H1N1 flu should self-monitor for influenza-like illness symptoms for 7 days after last exposure to the confirmed case, and, should they become ill, isolate themselves at home for 7 days after onset of symptoms, unless medical attention is needed.
- Report any unusual increase in febrile illness or clusters of illness among employees to Orange County Public Health at 714-834-8180.

Additional Resources

- Internet sites with up-to-date information on the H1N1 Influenza:
 - Orange County Health Care Agency: www.ochealthinfo.com
 - California Department of Public Health: www.cdph.ca.gov
 - Centers for Disease Control and Prevention: www.cdc.gov



County of Orange
Health Care Agency