

Advice for Employees

Influenza is a respiratory disease that spreads easily from person to person.

Do not come to work if you are ill, especially if you have any symptoms of flu: fever, headache, fatigue or weakness, sore throat, cough, difficulty breathing, and muscle or joint aches and pains. These symptoms usually occur suddenly.

Flu is spread by coughs and sneezes, so cover your nose and mouth with a tissue or your upper arm when you are coughing, sneezing or blowing your nose. Throw used tissues away and clean your hands immediately.

Flu is also spread when people touch their eyes, nose or mouth with hands contaminated with discharges of the nose or throat of infectious people. It is important to keep your hands away from your eyes, nose and mouth and to keep your hands clean to minimize the risk of infecting yourself with the flu virus.

Flu is readily inactivated on hands by cleaning them with soap and water or alcohol-based hand rub.

To clean your hands with soap and water: lather them, rub hands together vigorously for 15-20 seconds (sing the ABC song), rinse hands thoroughly with water and dry hands with a clean cloth or paper towel or an automatic hand dryer.

To clean hands with an alcohol based hand rub: Use a product that contains at least 60% alcohol, put enough on one palm to cover all surfaces of both hands and rub hands together covering all surfaces of the hands and fingers until dry.

Avoid exposure to the saliva of other people by not sharing glasses and eating utensils.