

Influenza A (H1N1) Virus

SWINE FLU

Preventative Measures – Protect Yourself



Wash hands with soap and water thoroughly and often



Avoid close contact with sick people (those with fever and cough)



Get vaccinated – contact your physician for H1N1 vaccine availability



Practice good health habits (sleeping, eating, keeping physically active)



Avoid touching eyes, nose or mouth with unwashed hands



Avoid hugging, kissing and shaking hands when greeting

Key Facts

What are the signs and symptoms of this virus?

H1N1 is a major flu strain that can infect many people. Symptoms include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Also there can be diarrhea and vomiting. Most will experience mild illness, while severe or fatal in some cases in certain groups of people.

What's the difference between seasonal flu and pandemic flu?

The age groups affected by the pandemic are generally younger. This is true for those who infect easily, which can lead to severe or fatal illness. To date, most severe cases and deaths have occurred in adults under the age of 50 years, with deaths in the elderly comparatively rare. This is in stark contrast with seasonal flu, where around 90% of severe and fatal cases occur in people 65 years of age or older.

How does it spread?

Flu viruses are spread mainly from person to person through coughing or sneezing. Sometimes infection occurs through touching surfaces or objects – with flu viruses on it – and then touching the mouth or nose.

Be Prepared

Who should be vaccinated?

Vaccines are the most powerful public health tool for control of influenza. Contact your physician for H1N1 vaccine availability. High risk groups include:

- Pregnant women, and infant caregivers
- Healthcare and emergency medical services personnel
- EVERYONE between ages 6 months and 24 years should be vaccinated, those between 25 and 64 with health issues should as well

Acquire necessary types of PPE and cleaning supplies.



Masks



Respiratory



Protective Coveralls



Boots and Shoe Covers



Eyewear



Disposable Gloves



Biohazard Response Kits

Maintain business continuity:

Monitor normal absenteeism for unusual increases in flu-related absenteeism. Have flexible workplace strategies to include leave policies for affected workers. Protect your workforce while ensuring continuity of operations.

If You Get Sick

- Stay home from work, school or crowded places
- Seek medical advice immediately
- Keep a distance of at least three feet from other people
- Cover your nose and mouth when coughing and sneezing
- Dispose of tissues properly immediately after use
- Get plenty of rest and plenty of fluids
- Wash your hands often
- Avoid travel

Stay Informed

CDC Centers for Disease Control and Prevention
1-800-232-4636 | www.cdc.gov

OSHA Occupational Safety and Health Administration
1-800-321-OSHA | www.osha.gov

WHO World Health Organization
1-202-974-3000 | www.who.int

+ American Red Cross
1-202-303-5000 | www.redcross.org



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