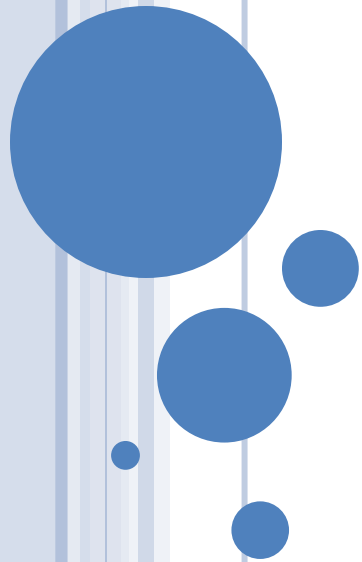


H1N1

STAY HEALTHY...

STAY INFORMED



FIU

**University Health
Services**

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WHAT IS H1N1?

- H1N1 also known as “swine flu”
- It is a new influenza virus causing illness in people
- H1N1 was recently declared a pandemic in April of 2009



HOW IS H1N1 TRANSMITTED?

- As of now the Center for Disease Control (CDC) has determined that H1N1 can be transmitted from human to human, through respiratory droplets that are released once an infected person coughs or sneezes
- People can also become infected by touching a surface with the virus on it and then touching their mouth or noses
 - Studies have shown that the influenza virus can survive on environmental surfaces for up to 8 hours

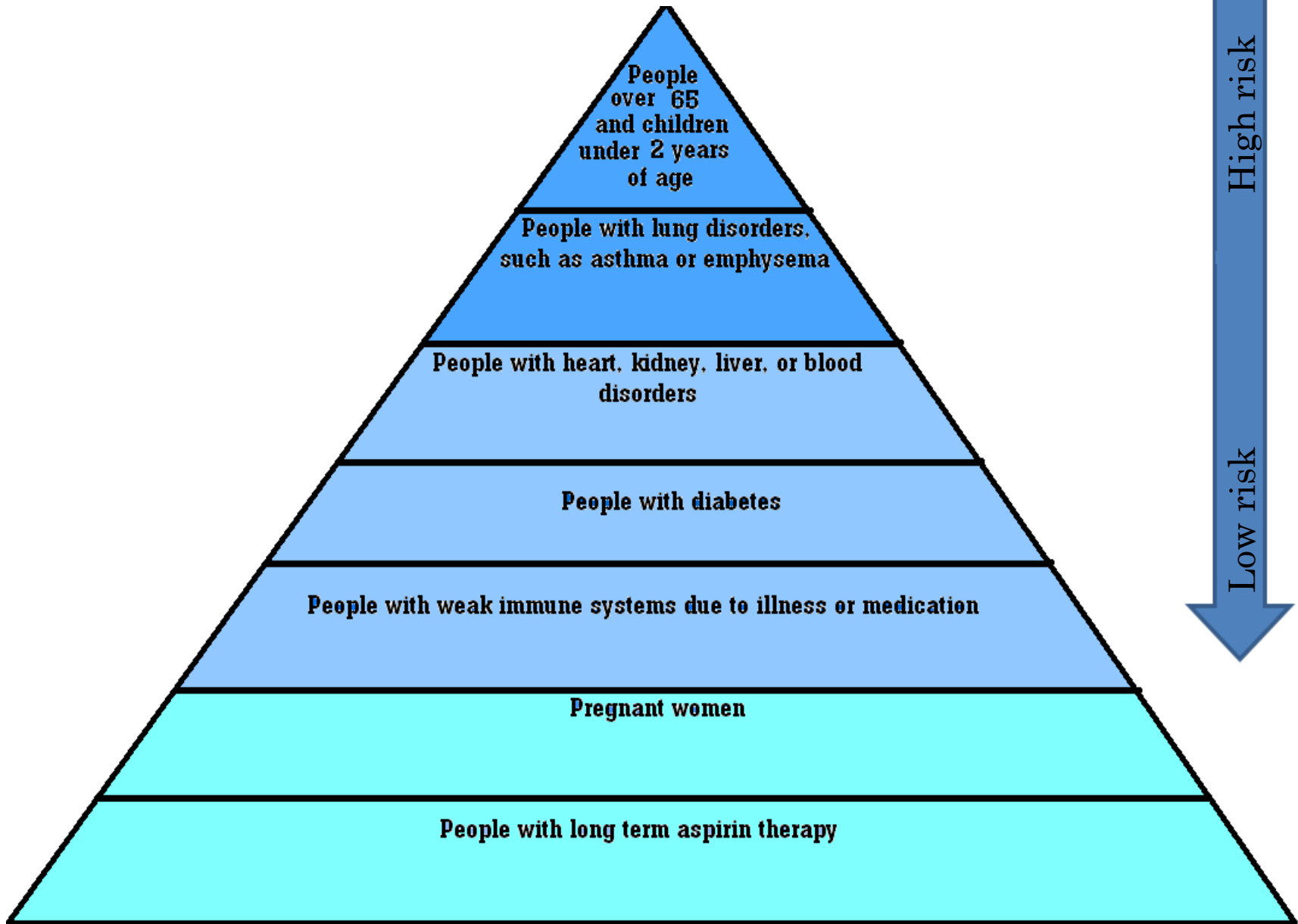


HOW LONG CAN AN INFECTED PERSON SPREAD H1N1 TO OTHERS?

- Adults:
 - CDC believes that this virus has the same properties in terms of spread as the seasonal flu virus. Studies have shown that people may be contagious from one day before they develop symptoms to up to seven days after they get sick
- Children:
 - Children, especially younger children, might potentially be contagious for longer periods of time



WHO IS MOST AT RISK?



WHAT IS THE DIFFERENCE BETWEEN A COLD AND H1N1?

Categories	Cold	H1N1
Fever	Rare	High temperature of 100-102 ⁰ F ; lasts 3 to 4 days.
Headache	Rare	Prominent
General aches and pains	Slight	Usual, and often severe
Fatigue, weakness	Quite mild	Can last up to 2-3 weeks
Exhaustion	Never	Early and prominent
Stuffy nose	Common	Sometimes
Sneezing	Usual	Sometimes
Sore throat	Common	Sometimes
Chest discomfort, cough	Mild-moderate; hacking cough	Common; can be severe
Complications	Sinus congestions or earache	Bronchitis, pneumonia; can be life threatening
Prevention	Good hygiene	Good hygiene
Treatment	Only temporary relief of onset symptoms	Antiviral drugs (within 24-48 hours)

<http://www.cdc.gov/h1n1flu>



STAYING HEALTHY/PREVENTION



1. Avoid close contact:

Avoid close contact with people who are sick

2. Stay home when sick:

If possible, stay home from work, school, and errands when you are sick

3. Cover your mouth and nose:

Cover your mouth and nose when coughing or sneezing

4. Clean your hands:

Washing your hands often will protect you and others you come in contact with from germs

5. Avoid touching your eyes, nose, or mouth:

Germs are often spread when a person touches something that is contaminated and then touches their eyes, nose, or mouth

6. Practice other good habits:

Get plenty of sleep, be physically active, manage your stress, drink plenty of water, eat nutritious foods



PREVENTION IN THE WORKPLACE

- Keep your workplace clean/ stocked:
 - Clean your phone, computer, desk and frequently used items with a disinfectant
 - Keep work place hand washing area stocked with soap, paper towels and make sure to clean area frequently
- Avoid co-workers who are sick:
 - Protect yourself from those around you, if a co-worker has flu like symptoms , try to avoid direct contact with them (without being rude)
- Take frequent breaks throughout the day:
 - When you are feeling tired or sore, get up and walk around for a few minutes, stretching, taking breaks.
 - Keeping your body in shape will help you feel better and make you more productive
- Post signs:
 - Advise employees and visitors to wash their hands frequently and to cover their coughs. Materials are available for download on the FIU University Health Services website at http://studenthealth.fiu.edu/flu_update/HndWshC.pdf or you may also call to request prevention materials be sent directly to your office.
(BBC: 305.919.5620 x 4 or UPC: 305.348.2401 x 5)



GUIDANCE FOR SUPERVISORS

- Review sick leave policies to determine whether policies are up to date and adequate to address employee questions and potential absences
- It is recommended that employees exhibiting flu-like symptoms (fever of at least 100.4° with cough or sore throat) go home to prevent the spread of disease and seek medical care if necessary
- Employees should be instructed to stay home if they have flu like symptoms and should not return to work until 24 hours after their symptoms resolve
- Employees returning from sick leave should not be asked to present a negative influenza test or a doctors letter certifying that they are no longer infectious. A flu patient who has recovered and been well for 24 hours poses no risk to others.
- Parents caring for children with flu should not be excluded from the workplace



CONTACT FOR H1N1 HUMAN RESOURCE QUESTIONS

H1N1 Human Resource related questions for faculty and staff please contact:

- Joann Cuesta-Gomez
Employee Labor Resources Director of Human Resources
 - 305-348-3538



PREGNANT WOMEN AT WORK

- Pregnant women who may or have come in direct contact with individuals who are confirmed, probable, or suspected influenza A (H1N1) cases, should speak with their supervisor to discuss ways to minimize their risk.



REFERENCES

For more information, visit the following sites...

- FIU University Health Services
 - <http://studenthealth.fiu.edu>

- Center for Disease Control:
 - <http://www.cdc.gov/h1n1flu>

- Florida Department of Health:
 - <http://www.doh.state.fl.us/DEMO/php/FluInfo.htm>

