



## Employee Guidelines to Minimize the Spread of Flu

- Practice Good Hygiene
  - Wash hands often with soap and water (at least 20 seconds) or use alcohol-based hand sanitizers.
  - Cover your nose and mouth with a tissue when coughing or sneezing and throw the tissue in the trash.
  - Avoid the spread of germs by not touching your eyes, nose, or mouth.
  - Try to avoid close contact with sick people.
  - Routinely clean commonly-touched surfaces (like desks, door knobs, workstations, countertops, computers, etc.) with cleaning agents that are normally used.
  
- Stay Home or Go Home
  - If you have flu-like symptoms (fever or chills and cough or sore throat; additional symptoms may include runny nose, body aches, headache, tiredness, diarrhea, or vomiting).
  - At least 24 hours after you no longer have a fever of 100 degrees or higher (this should be determined without using ibuprofen or acetaminophen).
  
- Consider Getting Vaccinated
  - For seasonal flu and/or H1N1 flu when vaccines become available.