

How Can We Protect Employees and Students from Influenza?



WASH
'EM!



STAY
HOME!



COVER
IT!



If you have been exposed to a sick person with pandemic H1N1 Influenza, you may work as usual, but monitor your health.

Stay home if you develop fever, cough, muscle aches or diarrhea.

Viruses can survive 2-8 hours on environmental surfaces and can infect a person who touches that surface and then touches their eyes, nose or mouth.

Use a disinfectant wipe on commonly-touched, shared surfaces in the workplace like workstations, counter tops, door knobs, telephones.

Contact Office of Prospective Health at 744-2070 for additional information.