



Wellness by the Month

PREPARING FOR FLU SEASON 2009- 2010

This year the flu season may be more severe than usual because of the new H1N1 virus. It will be very hard to tell if someone who is sick has 2009 H1N1 flu or seasonal flu because regular seasonal flu viruses will continue to spread and cause illness too.

According to the CDC, the workplace may act as a “point of spread” where employees can easily spread flu to their fellow employees as well as to others in the community.

They have developed “*A Communication Toolkit for Businesses and Employers*” which can be accessed at <http://www.flu.gov/plan/workplaceplanning/index.html>

Symptoms of flu include:

- fever (equal to or greater than 100 degrees Fahrenheit) or
- chills ***and***
- cough or sore throat.

In addition, symptoms of flu can include runny nose, body aches, headache, tiredness, diarrhea, or vomiting.

To protect yourself, take everyday precautions:

- Take time to get vaccinated*
- Cover your nose and mouth with a tissue when you cough or sneeze and throw the tissue in the trash after you use it
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective
- Avoid touching your eyes, nose or mouth because germs spread this way.
- Avoid close contact with sick people
- ***Stay home if you are sick for 7 days after your symptoms begin, or until you have been symptom free for 24 hours. This is to keep from infecting others and spreading the virus further***
- Limit using your colleagues work equipment, including telephones, keyboards and cell phones as viruses can be transmitted through objects

*Let **HAP** help you schedule a worksite flu shot clinic by contacting one of our approved vendors:

- www.henryford.com/flushot or (313) 874-3095 (Renee Aboona)
- www.findaflushot.com/contact.php or (248) 203-0304 (David Cooper)
- www.vna.org/myh_schedClinic.aspx or (248) 967-8355 (Karine Pawlicki)
- Greater Oakland Visiting Nurse Association (248) 683-1770 (Bev Piskorski)
- Visiting Nurses Association McLaren (810) 496-8755 (Cathy Perryman)
- Visiting Nurses Association of University of Michigan (734) 477-7229