



News Release

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H1N1 Flu in the Workplace

FORT ATKINSON – Over the past months, the general public has been inundated with information on the H1N1 virus and the information has been conflicting at times. What does this mean to you as an employer? What can you do in the workplace to manage fears, information and to take proactive measures to reduce the spread of infection?

We have found that the most helpful source of general H1N1 information is obtained from the Center for Disease Control. Their website link is www.cdc.gov. You may access this website directly at www.FortHealthCare.com/flu, a comprehensive website with specific information and additional web links regarding both seasonal and H1N1 flu. In addition, Fort HealthCare has published the following guidelines for our employees and we thought it would be helpful to pass these along to our corporate partners:

Protect yourself

- Wash your hands frequently with soap and warm water for 20 seconds. Keep an alcohol-based hand sanitizer on your desk or with you at all times. After coughing, sneezing, or blowing your nose, wash your hands or rub sanitizer into them until they are dry. Clean your hands after using public transportation or conference room equipment.
- Do not touch your eyes, nose, or mouth with your hands.

- Keep your work surface clean. Use a household disinfectant to wipe down your desk, keyboard, mouse, telephone, and other objects you frequently touch. Follow the directions on the label.
- If possible, do not use coworkers' offices, desks, or supplies. If you need to, however, wipe them down with a disinfectant first.
- The 2009 H1N1 vaccine should be available by mid-October. Ask your doctor if the vaccine is available. If it is, your doctor can tell you if you should receive a 2009 H1N1 flu shot.

Protect others

- Keep tissues on your desk and cough or sneeze into a tissue or the crook of your elbow.
- Stay at home if you feel sick with flulike symptoms, such as a fever or chills and a cough or sore throat. Other symptoms include runny nose, headache, fatigue, diarrhea, and vomiting. Contact your doctor to find out whether you should be tested or treated for the flu.
- Stay at home until at least 24 hours after you no longer have a temperature of 100 degrees or higher without the use of fever-reducing medicine. Some symptoms may remain.
- If you have a family member who has the flu but you feel well, it is safe to go to work. Monitor your health daily and stay home if you start to feel sick.

Fort HealthCare's Business Health program helps companies control occupational health costs and maintain the highest standards of healthcare. To inquire about enhancing your company's corporate health, wellness and preventive services, call (920) 568-5018.