

The California Department of Public Health has issued the following advisory as a reminder with general information and precautions regarding the H1N1 Influenza virus:

Even though this H1N1 virus does not produce severe illness in most people, it is still important that workers and employers take steps to help slow the spread of the disease. This is important because:

- H1N1 is a new virus; no one has immunity
- Many people in the community have medical conditions that make them more likely to have serious illness if they do get the flu

**Many of these recommendations are no different than routine good infection control in the workplace, and are valuable for preventing illness for yearly seasonal influenza, which can also cause serious illness.**

#### **GENERAL GUIDANCE**

There are a few very important and simple things you can do:

- Wash hands often with soap and water, or use an alcohol-based hand sanitizer
- Avoid touching your eyes, nose, or mouth. Germs spread that way.
- Stay home if you have influenza symptoms (fever *and* cough, sore throat, or runny nose) to avoid infecting others. If you have influenza, stay home at least 24 hours after the fever is gone. Do not go back to work with a fever (A fever is defined as a temperature of 100° F or greater).
- Cover your coughs and sneezes (cough or sneeze into an arm or shoulder or into a tissue). (see “Why don’t we do it in our Sleeves” at <http://www.coughsafe.com/media.html>)
- Seek medical care for severe respiratory symptoms such as difficulty breathing or for dehydration from vomiting and/or diarrhea. You may also need to seek early medical attention if you have a chronic health condition that puts you at risk for the complications of influenza.
- Keep your distance from people who are coughing.
- Avoid sharing personal items such as eating/drinking utensils, toothbrushes, and towels, especially with ill persons.
- Eat well, be active, don’t smoke.

The recommendations above will help slow the spread of H1N1 and seasonal influenza. Please do what you can do to protect people in your workplace and your community who are at risk of more serious illness.

Additional information and public health updates will be available on the Modesto City Schools’ website or [www.cdph.ca.gov](http://www.cdph.ca.gov) (California Department of Public Health website).