

**Subject: FW: Flu Precautions from CDC**

**Date:** Friday, May 1, 2009 3:26 PM

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**To:**

**Cc:**

**Subject:** Flu Precautions from CDC

**From:** OHS Announcements (CDC)

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**To:** CDC All - CDC & ATSDR-Employees; CDC All - CDC & ATSDR-non-Employees

**Subject:** Employee Health and Safety during H1N1  
Outbreak

## **Employee Health and Safety during H1N1 Outbreak**

During this time of CDC's and the nation's H1N1 emergency response, the Office of Health and Safety asks all members of the CDC community (employees and contractors) to practice good personal hygiene and do the following to help us prevent the occurrence or spread of flu within the CDC Workforce:

# Self-Evaluation of Symptoms

On a daily basis, before coming to your worksite, ask yourself the following:

- Do I have a fever?
- 
- Do I have a sore throat?
- 
- Am I coughing?
- 
- Do my muscles ache?
- 
- Do I feel ill?

If you answered “yes” to any of the questions above:

- Do not report to work; stay at home
- 
- Notify your supervisor as soon as possible
- 
- Seek medical guidance

## Recommendations

The Office of Health and Safety recommends the following personal hygiene practices to help minimize exposure to influenza while at work and at home:

### 1. Respiratory Etiquette

Sneeze or cough into a tissue and throw used tissues into trash.

**If you do not have tissues available, cough or sneeze into your elbow/shoulder, *not your hands.***

### 2. Hand Washing

Wash your hands often.

Wash with soap (regular or antibacterial) and water for at least 20 seconds.

**Use alcohol-containing hand gels if hand washing facilities are not readily available.**

**Wash always:**

- o Before and after preparing food or eating**
- o After using the restroom**
- o Before and after touching your nose, eyes, or mouth**
- o After touching items that may have been exposed to body fluids.**