



5 Things Employers Need to Know About H1N1 Flu

Department of Health & Human Services

Until the 2009 – 2010 flu season actually hits this fall, we will not know whether H1N1 flu will remain at the same levels we've seen over the spring and summer, or mutate into a more severe form of flu. But even a moderate outbreak can cause serious illness and deaths. As an employer, you need to be aware of 5 basic steps to keep flu from spreading in your workplace and your community.

- 1. Keep your sick employees home.**
If they're already sick, let them stay home. If they get sick at work, send them home. And if your employees have kids who are sick, or can't go to school or child care because they've been exposed to flu, your workers should stay home as well.
- 2. Plan now so you can continue to operate with a reduced workforce.**
Promote teleworking, cross-train your staff, and use staggered shifts to have fewer workers in the workplace at the same time.
- 3. Encourage employees to get vaccinated.**
Vaccines will be available for seasonal 2009 H1N1 influenza and seasonal flu. Encourage your employees to get both of them.
- 4. Keep the workplace clean.**
Encourage your employees to wash their hands often. Remind them to use a tissue or their sleeves when they have to cough or sneeze. Make sure that surfaces likely to have frequent contact with hands get cleaned with cleaning agents.
- 5. Go to flu.gov for the latest information on H1N1 and seasonal flu.**
Flu.gov is a one-stop government wide resource with planning tools for employers to get a jump start on the 2009 flu season.