

Seasonal and H1N1 (Swine) Flu

Frequently Asked Questions

Business

☼ If I get flu-like symptoms, should I stay home from work?

Yes, CDC recommends that anyone experiencing flu like symptoms should stay home for at least 24 hours after they are fever -free without the use of fever-reducing medications, usually 3-5 days. They should avoid close contact with others.

☼ Are there general prevention rules that we should post throughout the worksite to help stop the spread of flu among employees and customers?

Post signs suggesting employees and customers cover their coughs and sneezes with a tissue, or to cough and sneeze into their sleeve if tissues are not available. Everyone should wash their hands or use a hand sanitizer after they cough, sneeze or blow their noses.

☼ How do we protect our employees and still provide excellent customer service?

Everyone should consider other greeting measures. Try to avoid shaking hands, and encourage employees to wash their hands after contact with others.

☼ How do employees protect themselves with all of the commonly touched items in the workplace?

Frequently clean work surfaces, doorknobs, stairway hand railings, elevator buttons, telephones, fax and copy machines, computer equipment, bathroom surfaces and other frequently touched surfaces and office equipment. Everyone should be encouraged not to use other employees' phones, desks, computers, pens, offices or other work tools and equipment.

☼ Are there other general suggestions for minimizing meetings and other common workplace interactions where the flu virus can easily spread?

Avoid or minimize situations where groups of people are crowded together in small conference rooms or even large meeting rooms. Use e-mail, phones, audio-conferencing and text messages to communicate with each other. When meetings are necessary, avoid close contact by keeping a separation of at least 6 feet, where possible, and assure that there is proper ventilation in the meeting room.

☼ How can we reduce or eliminate the social interaction that takes place in break rooms and in celebration of personal or professional milestones?

Reduce or eliminate unnecessary social interactions to reduce the spread of the flu virus.

For information visit www.flu.maryland.gov or call 1-877-MDFLU4U (633-5848)



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