

For More Information

CDC website:

<http://www.cdc.gov/swineflu/>

Information Hotline for Questions:

Toll Free: 1-866-767-5044

Available: 7:00am-7:00pm Mon-Fri
9:00am-5:30pm Sat-Sun

Hawaii Dept of Health website:

<http://hawaii.gov/health>



Malama Kou Aloha
(Nourish the Aloha)



Hawaii State Department of Health

1250 Punchbowl Street
Honolulu, HI 96813

Preventing the Flu in the Workplace



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The flu virus is often passed from person to person and from surface to surface in the workplace.

However, there are many things you can do to stay healthy and stop the spread of germs to co-workers, family and friends.

1. Practice good health habits.

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

2. Wash your hands.

Washing your hands will help protect you from germs.



3. Avoid Close Contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect you from getting sick too.

4. Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick. If you don't have a tissue, cough or sneeze into your sleeve or the inside of your upper arm or elbow, away from your hands.



5. Sanitize shared items.

Clean shared items such as phones, desks, keyboards, computer mouse, copy machine buttons, door knobs and handles with alcohol wipes or other sanitizer type wipes.

6. Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

7. Stay home when you are sick.

Stay home from work, school, and errands when you are sick. You will prevent others from catching the illness.



If You Get Sick:

Most healthy people recover from

the flu without complications, If you get the flu:

1. Stay home from work

2. Avoid close contact to keep from spreading your illness to others.

3. Rest, drink a lot of water, and avoid using alcohol and tobacco.

4. Call your doctor.

If you have a fever, cough, and runny nose, and/or body aches, nausea, vomiting or diarrhea, call your doctor. Your doctor will let you know if flu testing is needed.

Serious illness from the flu is more likely in certain groups of people including people 65 and older, pregnant women, people with certain chronic medical conditions and young children.



There are over-the-counter (OTC) medications to relieve the symptoms of the flu (but never give aspirin to children or teenagers who have flu-like symptoms, particularly fever).