



What **FOOD HANDLERS** Need to Know about Flu



Signs & Symptoms of Flu:

1. Sudden onset of symptoms
2. Fever over 100° F in adults, and as high as 103° to 105° F in children
3. Chills and sweats
4. Headache
5. Dry cough; can become severe
6. Muscle/joint aches and pains
7. Fatigue and weakness
8. Loss of appetite
9. Diarrhea and vomiting

Seasonal & H1N1 Flu

- Flu is a contagious respiratory illness caused by influenza viruses; H1N1 is also called “Swine” flu.
- Flu spreads from person to person (cough, sneeze, runny nose).
- In the US, 5% to 20% of the population gets seasonal flu.
- About 36,000 people die annually from flu-related causes in the US.
- H1N1 has caused greater disease burden in people **younger than 25 years of age** than in older people.
- People with certain chronic conditions may be at high risk for serious flu complications and should consult their physician.
- Those infected and contagious can infect others from 1 day before getting sick to 5 to 7 days after, possibly longer in children and people with weakened immune systems.



PLAN NOW....PREVENTION IS KEY!

- **Review your current pandemic flu plan or develop a new plan.** Involve your employees in development and review of the plan. Share the plan and policies with your employees.
- **Engage your state and local health department** to confirm channels of communication and methods for dissemination of local outbreak information.
- **Consider ways to allow sick employees to stay home** without fear of losing their jobs.
- **Develop flexible leave policies** to allow employees to stay home to care for sick family members or for children, if schools dismiss students or childcare programs close.
- **Purchase supplies** such as tissues, soap, and alcohol-based hand cleaners to encourage healthful habits in the workplace.
- **Plan for how business can continue** if many employees must stay home.
- **Advise all employees to stay home** if they are sick.
- Employees who become sick at work should **go home as soon as possible**.
- Encourage sick employees who are at higher risk of complications from flu to **contact their health care provider as soon as possible**.
- Encourage all employees who want protection from flu to **get vaccinated for seasonal flu**. Also encourage employees who are at higher risk for complications from 2009 H1N1 flu to receive the vaccine when it becomes available.
- **Provide resources and a healthy work environment that promotes hand washing and covering coughs and sneezes.** Provide tissues, no-touch trash cans, hand soap, and alcohol-based hand cleaner. Offer education on hand washing and covering coughs and sneezes in an easy-to-understand format and in appropriate languages. Go to www.flu.gov/plan/workplaceplanning/toolkit.html to find tools restaurants can use. Remind employees to be vigilant with hand washing after handling dirty dishes and prior to handling clean dishes or preparing/handling food.
- **Clean surfaces and items that are more likely to have frequent hand contact** with cleaning agents that are usually used in these areas.
- **Remind employees that their health and safety**, as well as that of your customers, is your number-one priority.
- **Coordinate with your local health department** on any actions that are being taken in your local community. Keep in close contact to be sure you are advised of any change in local status.
- Remind employees that following **good hygiene and sanitation practices** in the restaurant and staying home when they are ill can help prevent transmission of many illnesses, not just influenza.

FOR MORE INFORMATION

PIQUA HEALTH DEPARTMENT
201 WEST WATER STREET, PIQUA, OHIO 45356
937-778-2060