



NEW YORK STATE SENATOR

Andrew J. Lanza

H1N1 (Swine) Flu Preparedness

ANDREW J LANZA September 16, 2009

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The following information disseminated by the Department of Health and the United States Centers for Disease Control and Prevention can help us reduce or limit the potential workplace impacts associated with the H1N1 Flu:

- **Avoid people who are ill.**
- **Wash hands frequently with warm, soapy water.**
- **Clean shared space and items such as phone receivers, keyboards, and office equipment frequently.**
- **Keep hands away from the face, and avoid touching eyes, nose or mouth.**
- **All employees are encouraged to get vaccinated for the seasonal flu through their healthcare provider or other appropriate resource.**
- **Individuals, after consultation with their healthcare provider, are encouraged to get vaccinated for the H1N1 virus if they qualify to receive a vaccination based on the priority groups listed below:**
 - **Pregnant women**
 - **Health care workers and emergency medical responders**
 - **People caring for infants under 6 months of age**
 - **Children and young adults from 6 months to 24 years**
 - **People aged 25 to 64 years with underlying medical conditions (e.g., asthma, diabetes)**
- **Employees should stay home if they are ill with symptoms related to the seasonal and/or H1N1 (Swine) Flu.**

- **Employees with sick family members should be aware of the various flu symptoms and not come to work if they are symptomatic.**
- **Follow respiratory hygiene and cough etiquette, such as using a tissue when you cough or sneeze and properly dispose of the tissue. If a tissue is not available, cough or sneeze into your sleeve, elbow or forearm. Do not cover coughs and sneezes with your hands.**
- **Avoid sharing personal items.**

Additional information and resources about the seasonal and/or H1N1 (Swine) Flu are available at the Center for Disease Control and Prevention website: www.cdc.gov/H1N1FLU and the New York State Department of Health's website: www.nyhealth.gov.

By following these tips, each of us can play a role in reducing or limiting the potential workplace impacts of the flu. Thank you.