

Flu Facts: What Businesses Should Know About This Flu Season

This flu season is different!

- In the past, we have only had to worry about one virus during flu season which many of us have known simply as, “the flu.” This virus is now being called the **seasonal** or **regular flu**.
- This year there is a new virus that may cause illness known as the **H1N1 flu**, or the **swine flu**.
- These flu viruses are *different* from each other and require *different* vaccines for protection.

Seasonal (regular) flu *

Signs and Symptoms

- Fever, headache, extreme tiredness, dry cough, runny or stuffy nose, muscle aches, and sore throat.

Who should get vaccinated

- **Everyone** over 6 months of age.

* The seasonal flu vaccine will NOT protect you against the H1N1 flu!

vs.

H1N1 (swine) flu **

Signs and Symptoms

- Fever, headache, extreme tiredness, dry cough, runny or stuffy nose, muscle aches, and sore throat. Sometimes vomiting, diarrhea.

Who should get vaccinated

- Pregnant women, children 6 months to 24 years of age, new parents and household contacts of children less than 6 months of age.
- Healthcare workers and emergency medical personnel.
- Adults 25-64 with chronic medical conditions.

** The H1N1 flu vaccine will NOT protect you against the seasonal flu.

Prevention and Planning are KEY!

- Encourage and allow workers to go home or to stay home when they are ill, without fear of losing their job or other disciplinary actions.
- Encourage employees to cover coughs and sneezes, and practice good hand hygiene.
- Clean surfaces and items that are more likely to have frequent hand contact, for example door knobs, keyboards and shared phones.
- Prepare for possible increase in absences due to illness in employees and their family members, and plan ways for essential functions to continue.
- Encourage employees to get vaccinated against flu.
- For more information about influenza planning visit www.cdc.gov/h1n1flu/business/

For questions or more information about the flu or flu vaccine, contact the Livingston County Department of Health at **585-243-7299** or visit our website at http://www.livingstoncounty.us/doh_home.php

