

FactSheet

Para Su Información

2009 H1N1 Flu Small Business Recommendations

2009 H1N1 is a type of influenza (flu) virus that causes respiratory disease that can spread between people.

Most people infected with this virus in the United States have had mild disease. Young children, pregnant women and people with chronic diseases may be at higher risk for complications from this infection.

At this time, the recommendations for 2009 H1N1 flu prevention and control are essentially the same as for annual influenza season.

- Get vaccinated against the flu.
- Stay home when sick. According to Centers for Disease Control and Prevention (CDC) recommendations, people with flu-like illness should stay for at least 24 hours after their fever subsides without the use of fever-reducing medicine.

- Encourage frequent hand washing.
- Encourage staff to cover noses and mouths with a tissue when coughing or sneezing.
- Increase disinfection of commonly-touched and frequently used surfaces or items.
- Review and update emergency plans, especially those related to influenza or infectious disease.

For more information, go to www.cdc.gov/h1n1flu or www.SouthernNevadaHealthDistrict.org.



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