

Flu Facts

- Flu viruses can live on surfaces for 24 hours
- Flu virus can travel three (3) feet from a cough or a sneeze
- Hand-washing is the single most effective way to prevent the spread of infection

Flu Symptoms include

Flu symptoms often have a rapid onset. Flu is most dangerous for the very young or elderly

- High fever
- Headache
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Diarrhea and vomiting



Dr. Taronna Maines, a microbiologist in the Influenza Branch at the Centers for Disease Control and Prevention, conducts an experiment inside a biological safety cabinet (BSC) within the Biosafety Level 3-enhanced laboratory. The airflow within the BSC helps prevent any airborne virus from escaping the confines of the cabinet, and as part of her personal protective equipment, she was wearing a powered air purifying respirator (PAPR), which was filtering the air that she was breathing.

Call your local health authority

If you have questions about the status of a flu outbreak

Public health officials will give you the most accurate, up-to-date information and recommend actions to help during an outbreak or pandemic.

Photographs courtesy Center for Disease Control and Prevention Public Health Image Library and the Allegheny County Health Department



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Pandemic Influenza Preparedness Information for the Business Community



Rows of tents that had been set up on a lawn at Emery Hill in Lawrence, Massachusetts where victims of the 1918 influenza pandemic were treated. (March 19, 1918)



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Pandemic Influenza:

What to Expect

If an influenza pandemic should strike, every business needs to be prepared to face the following conditions for several weeks.

- Travel restrictions may be imposed by the federal government to limit the spread of influenza
- One-third to two-thirds of the workforce may be absent
- Administrative and management should plan to telecommute to minimize concentration of staff
- Schools may be closed and parents may need to stay home
- Businesses will be operating at half-capacity
- It is unlikely businesses would close down during a pandemic
- Vaccinations to fight the pandemic will most likely not be available
- Employers should encourage employees to get regular flu vaccinations early since this could minimize the spread of disease



Pandemic Influenza:

Necessary Steps

Staff able to work should practice these procedures:

- Wash hands frequently
- If handwashing facilities are not readily available, have adequate supplies of hand sanitizer available to employees
- Maintain a space of at least three (3) feet from other co-workers
- Sneeze or cough into their sleeve or a disposable tissue, then dispose of the tissue properly
- Sanitize equipment before shift changes
- If employees have flu-like symptoms, to minimize the spread of infection they should not be at work
- If an employee becomes ill at work, send that employee home and sanitize their work area
- Do not attempt to culture or treat ill people at the workplace. Send that person goes to a personal physician or hospital



In the United States, the flu season can range from November through March, and even past March in some years.



Pandemic Influenza:

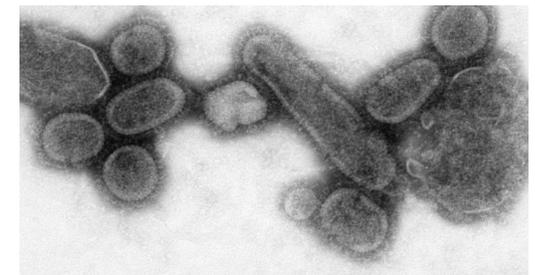
Prevent the Spread of Influenza

Keeping the workplace clean is a primary way of preventing the spread of influenza.

- Make certain surfaces are clean and sanitized before the next work shift arrives

Effective cleaners include,

- A 1:10 bleach/water solution
- Soap and warm water
- Ultraviolet light
- Disinfecting sprays and wipes



Negative stained transmission electron micrograph (TEM) showed recreated 1918 influenza virions that were collected from the supernatant of a 1918-infected Madin-Darby Canine Kidney (MDCK) cell culture 18 hours after infection.