

Protect Yourself and Others from Influenza-like Illness

Get your flu shot

Getting the flu shot every year is one of the most effective ways to prevent catching and spreading the flu virus.

Perform a daily self-assessment for symptoms of influenza

Since vaccination does not guarantee 100% immunity it is recommended that all staff, including vaccinated individuals and those who have recovered from influenza like illness, continue to assess themselves for symptoms of influenza. Please see "Is it cold or influenza" education sheet for self-assessment of influenza symptoms on the Employee Health website.

If you get sick, stay home

If you are ill with influenza do not come to work. Any staff member who develops influenza symptoms (immunized or not) should remain out of the workplace until 7 days after onset of symptoms with the first day of symptoms being counted as day 1.

- Notify your department of your absence.
- If your symptoms get worse, contact your health care provider.
- Contact Employee Health at 902-473-4666.

Wash your hands

Wash your hands **at work** before and after providing patient care, coughing or sneezing, using articles shared with other staff (telephones, computers, etc.)

Wash your hands often when **away from work** with soap and warm water for at least 20 seconds to help remove bacteria and viruses. Wash before and after eating, after you have been in a public place, after using the washroom, after coughing and sneezing, and after touching surfaces that may have been contaminated. An alcohol-based hand sanitizer is also effective in killing viruses.

Keep your hands away from your face

In most cases, the flu virus enters the body through the eyes, nose or mouth.

Cough and sneeze into your arm/sleeve, not your hands

If you use a tissue, dispose of it as soon as possible and wash your hands.

Follow infection control measures at work

Follow Infection Control's guidance for caring for clients who have the flu. Use proper Personal Protective Equipment (PPE) when caring for patients with suspected or confirmed influenza. Use proper procedures to remove PPE to minimize the risk of contaminating yourself and others.

Keep common surface areas clean and disinfected at home

Doorknobs, light switches, telephones, keyboards and other surfaces can become contaminated with all kinds of bacteria and viruses. Regular cleaning and disinfecting of these surfaces with normal household disinfectants can help. Viruses can live on hard surfaces for up to 48 hours.

Encourage others to follow these simple steps

If you have children, be a good role model. Teach them to count to 20 while washing their hands and show them how to cover up when they cough or sneeze.

Questions? Contact Employee Health at 902-473-8416