

Resources for Employers on Swine Flu Here April 30, 2009

The Centers for Disease Control and Prevention are recommending employers start planning now for the possibility of swine flu infecting their workforce.

What You Can Do to Stay Healthy

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Stay home if you get sick. CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.
- Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.
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- Develop a family emergency plan as a precaution. This should include storing a supply of food, medicines, facemasks, alcohol-based hand rubs and other essential supplies.
- Call 1-800-CDC-INFO for more information.

Swine Flu Links for Employers (from HRweb Cafe):

[How Employers Should Respond to the Swine Flu Outbreak](#) - eight steps from the law firm Jackson Lewis.

[PandemicFlu.gov](#) - CDC and other government groups have compiled checklists and guidelines for businesses.

[Guidance on Preparing Workplaces for an Influenza Pandemic](#) - from OSHA.

[Centers for Disease Control and Prevention](#) - news and resources.

- <http://www.cdc.gov/h1n1flu/>

[WHO Swine Influenza](#) - global updates from the World Health Organization

[MedlinePlus](#) - lots of links and resources on the disease.

[Express Scripts FAQ](#) - A Q&A on the symptoms, treatment and prevention of swine flu.

[Global Disease Map from HealthMap](#)