

# Safety Matters

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## H1N1 Influenza, commonly referred to as "Swine Flu"

### H1N1 / Influenza Background:

A flu pandemic is an outbreak caused by a new flu virus that spreads around the world. The virus will spread easily from person to person, mostly through coughing and sneezing. Because the virus is new to people, everyone will be at risk of getting it.

The main way that illness like H1N1 Flu (Swine Flu) is spread is from person to person in respiratory droplets of coughs and sneezes. Germs can also spread when a person touches something contaminated, and then touches their eyes, nose or mouth.

Some viruses and bacteria can live up to 48 hours or longer on surfaces like cafeteria tables, doorknobs, keyboards and desks.

During a flu pandemic, you can use simple actions to help protect yourself and others from becoming sick with the flu. No single action protects completely, but if used together, the steps and policies outline herein can help reduce the chances of becoming infected.



### H1N1 / Influenza Prevention:

1. **Avoid touching your eyes, nose, or mouth as much as possible.** If you must, make sure to wash your hands properly before touching your face. (See Hand Washing section below)

2. **If you are not sick, avoid close contact with people who are sick.** And if you are sick, try to avoid crowded or public areas (including work), and keep your distance from others to protect them from getting sick.  
o The CDC recommends a distance of at least 1 meter (3 feet)

3. **Wash your hands properly and frequently.**

o Proper Hand Washing Technique:

- The recommended technique is to wash your hands with soap and water for 20 seconds. Rinse well and dry with a paper towel or single use linen towel.
- If soap and water are not available, use an alcohol-based hand cleanser to clean your hands.

o Frequency:

- Always wash hands...
  - Before you begin your shift each day.
  - Before moving between areas of a fab or other work facility.
  - Before eating or preparing food.
  - After coughing, sneezing, or blowing your nose.
  - After using restroom facilities.
  - After shaking hands, or touching another person.

4. **Use proper etiquette when coughing or sneezing:**

- o Always cover your mouth when coughing or sneezing.
- o Use tissues and immediately dispose of them in a trash receptacle.
  - If tissues are not available, cough or sneeze into your sleeve.
- o Properly wash your hands after coughing or sneezing.

### Resources and Additional References:

1. CDC: 2009 H1N1 Flu ("Swine Flu") and You: <http://www.cdc.gov/h1n1flu/qa.htm>
2. Flu.gov: Know What to Do About the Flu: <http://www.flu.gov/>
3. Flu.gov: Updated Guidance for Businesses and Employers for the Fall Flu Season: <http://pandemicflu.gov/professional/business/>



## Remember... Safety Matters.

