

The Flu and Your Workplace



1 Have a plan

Develop a plan accordingly.

Stay home if you're sick and keep sick kids home too. You or your child should stay home until fever free (at least 24 hours without use of fever-reducing medications) and have a plan to be home possibly up to 7-10 days.

Talk with your employer now about company policies. Good chance others in your workplace have questions too.

2 Hygiene counts

Wash your hands frequently and use hand sanitizer.

Flu virus can survive on surfaces for up to 48 hours.

Cover your mouth and nose with a tissue or your elbow when you cough or sneeze. Use tissues or tissues to wipe your nose. Wash your hands from your face to prevent the spread of germs.

3 Consider getting vaccinated

Vaccine works best to stop the spread of Flu because when everyone gets vaccinated, germs have nowhere to go.

Vaccination protects you and anyone around you at high risk for Flu complications (pregnant women, those with asthma, diabetes, respiratory and heart conditions).

Did you know you can spread illness even when you don't feel sick?

Together, we can STOP the spread!

For more information visit www.DHMH.Maryland.Gov or call your local health department



Martin O'Malley, *Governor*
Anthony G. Brown, *Lt. Governor*
John M. Colmers, *Secretary, DHMH*

