

**AUGUST 2009 OCCA SAFETY REPORT:  
SIMPLE STEPS TO REDUCE THE RISK OF INFECTION AND TRANSMISSION OF H1N1  
VIRUS**

**Did you know that...???**

The 2009 H1N1 virus (often known as the swine flu) is thought to spread in the same way that the seasonal flu spreads. Therefore you can reduce the risk of catching or transmitting both seasonal flu and the H1N1 virus by following these simple steps outlined by the Centers for Disease Control (CDC).

- Cover your nose and mouth with tissue when you cough or sneeze. Throw the tissue in the trash after using it.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, the CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Keep away from others as much as possible to keep from making others sick.



In addition, a H1N1 vaccination will soon become available. The CDC has issued guidelines identifying groups that will be targeted to receive the vaccine when it first becomes available. Those target groups include pregnant women, people who live with or care for children younger than 6 months of age, healthcare and emergency medical services personnel, persons between the ages of 6 months and 24 years old, and people aged 25 through 64 who are of higher risk for 2009 H1N1 because of chronic health disorders or compromised immune systems. A vaccine shortage is **not** anticipated, and once the demand for the targeted groups has been met, programs and providers will make the vaccine available to non-targeted groups.

Source: Centers for Disease Control (CDC): <http://www.cdc.gov/H1N1FLU/>

August 21, 2009