

# Influenza Signs & Symptoms

- Fever
- Sore throat
- Cough
- Headache
- Aching muscles

## Contact your Employer

- Inform your employer that you have developed signs & symptoms.
- Make an appointment with your Doctor
- Inform your employer of the outcome of the visit to the Doctor.

## Stay home when you are sick

- Do not go to work, school or shopping when you are sick.
- Do not share eating or drinking utensils (for example cups, cutlery).
- Don't get too close to uninfected friends and relatives.
- Monitor other members of the family for signs of infection.

## What should I do to help prevent the flu?

### **Avoid close contact**

- Avoid close contact with people who are sick.
- Have Influenza vaccination
- Keep unnecessary travel to minimum
- Check travels warnings
- Use your own drinking cups, bottles etc at work
- See your Doctor when ill

### **Cover your mouth and nose**

- Cover your mouth and nose with a tissue when coughing or sneezing, dispose of the tissues afterwards and wash your hands after disposal of the tissues.

### **Wash your hands**

- Wash your hands, especially before eating and touching your eyes, nose or mouth.

Information .....

21st Feb 2006

