HALDIMAND-NORFOLK HEALTH UNIT

HEALTHINFO

COMMUNICABLE DISEASE TEAM

Pandemic Flu in the Workplace

Protocols

1. What we do know is that the virus is spread through contact closer than one metre–including coughing and sneezing. You can take the following precautions:
   - Learn cough/sneeze etiquette.
   - Increase space between the work units.
   - Increase space between people in meetings.
   - Stagger work hours/work from home.
2. We know that the influenza virus may live on hard surfaces for up to 48 hours. You can put the following workplace infection control practices into place:
   - Frequent cleaning of hard surfaces which have multiple users.
   - Hand sanitizers outside washroom doors.
   - Individual headsets.
   - Availability of hand hygiene products; tissues in every workplace.
   - Increased frequency of garbage pickup.
3. Individuals and employers can make personal decisions and take actions to mitigate their risk. The following is recommended:
   - Self-screening and staying home when ill.
   - Hand hygiene.
   - Following cough/sneeze etiquette.
   - Having had the annual flu shot will contribute to good health.
   - Learn to avoid touching face/eyes.
4. What can the employers do?
   - Increase profile for Safety Officer and role of Joint Health and Safety Committee.
   - Train on flu facts.
   - Hold annual flu vaccine clinics.
   - Modify absenteeism policies (Unions).

Resources

- Emergency Management Unit – www.health.gov.on.ca/pandemic
- WSIB – www.wsib.on.ca/wsib/wsibsite.nsf/public/flu_resources
- CDC – http://pandemicflu.gov/plan/pdf/businesschecklist.pdf
- Haldimand-Norfolk Health Unit – www.hnhu.org

For more information, please contact a member of the Communicable Disease Team in your area.

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