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Fight the Flu: Tips to Stop the Spread in the Workplace

The Arizona Department of Health Services (ADHS) supports Arizona businesses and their employees in promoting behaviors that prevent the spread of influenza and make for a healthy workplace.

"Influenza can go gangbusters in a workplace and wreak havoc with your ability to get work done if you don't use common sense measures to slow the spread," said Will Humble, ADHS Interim Director. "It's really as simple as making sure nobody comes to work sick and everyone uses good hand and cough hygiene. At least for the next several weeks, we need to get past that old fashioned thought that it's cool and shows commitment to come to work sick. It's not cool, it's rude."

Wash your hands frequently with soap and water for 20 seconds or use an alcohol-based hand sanitizer. Always wash after coughing, sneezing or blowing your nose.

Keep your hands away from your nose, mouth and eyes. Viruses are effectively spread this way.

Clean items and shared surfaces likely to have frequent hand contact. Viruses can live for 2 to 8 hours on things like telephones, computer keyboards and doorknobs.

Cough or sneeze into a disposable tissue or your elbow. Use a tissue only once and dispose of it immediately afterwards.

Stay home if you are sick with flu-like symptoms such as a fever (100 degrees Fahrenheit or 38 degrees Celsius) or chills and a cough or sore throat. Other signs include runny nose, body aches, headache, tiredness, diarrhea and vomiting. Stay home for at least 24 hours after you are fever-free without the use of fever-reducing medications.

Get vaccinated against 2009 H1N1 Influenza and Seasonal Flu when vaccine is available. While vaccine supply is limited, providers are focused on vaccinating people at higher risk for complications, including pregnant women, health care workers and children ages 6 months to 4 years.

Additionally, ADHS has compiled a H1N1 Business Outreach Packet for distribution to the private sector. The compilation includes [flyers](#), [fact sheets](#), CDC's [*Communication Toolkit for Businesses and Employers*](#), and assorted ADHS reference documents.

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