

GOT THE FLU?

DON'T BRING IT TO WORK!!

There is currently an increase in the number of people with the flu - influenza A (H1N1). The flu is a contagious disease – which means you can spread it to other people. In order to reduce the spread of the flu in the workplace, do not come to work if you might have the flu.

You might have the flu or another serious viral infection if you suffer from the sudden onset of the following symptoms. . .



Fever



Headache



Severe Cough



Sore Throat



Runny or stuffy nose



Muscle Aches



Nausea/Vomiting/Diarrhea

It is probably allergies or a cold if . . .

- Your only symptoms are sniffles, sneezes or a mild cough.
- It came on gradually.

IF YOU MIGHT HAVE THE FLU – STAY HOME
AND GO SEE YOUR DOCTOR