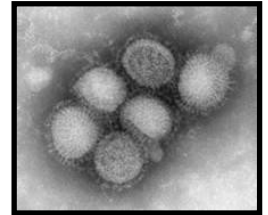


## H1N1 Flu Virus

### Facts and Recommendations for Food Facility Operators and the Public

#### What is the H1N1 Flu Virus?

H1N1 flu has also been known as the “Swine Flu” and was first detected in March 2009. It is similar to many other flu viruses that have circulated through human populations. Like other flu viruses, complications from the illness can be life threatening in children, the elderly, or immune compromised.



H1N1 Influenza Virus

#### What are the signs and symptoms of H1N1?

The most common symptoms are fever, cough, and sore throat. Other symptoms may include body aches, headache chills, and feeling very tired. Some people may also have diarrhea and vomiting.

#### How is H1N1 spread?

H1N1 is spread the same way seasonal flu spreads. The flu virus is usually spread when a person infected with H1N1 coughs or sneezes and other people breathe the contaminated air. People may also become infected by touching objects that have the flu virus on them and then touching their mouth or nose.

#### Can a sick restaurant worker transmit H1N1 to consumers and co-workers?



Yes. The virus can be transmitted by a restaurant worker the same way it is transmitted in any public or private setting. An infected restaurant worker can contaminate the air that co-workers and customers breathe by sneezing and coughing. An infected restaurant worker may also contaminate objects such as plates, tables, or food by touching. If another person touches these objects and then touches their mouth, nose, or eyes; they may become infected with H1N1.

#### What should I do if I or one of my employees has these symptoms?

People experiencing these symptoms should stay home, contact their health care provider, and treat themselves as they would for the seasonal flu; drink plenty of fluids, get rest, eat healthy food, and wash hands frequently. A person should be fever free for at least 24 hours, without the use of fever reducing medications, before returning to work. **Note:** If the employee was showing symptoms while at work, thoroughly sanitize areas that the employee was working as well any place the employee was touching, such as door knobs and faucet handles.

#### Will the seasonal flu shot prevent H1N1?

No. The seasonal flu shot will not prevent infection from H1N1, however it will help prevent infection from other strains of flu virus that can also cause severe illness and loss of work time.

#### Is there a vaccine for H1N1?

A vaccine for H1N1 is currently in development and should be available in fall 2009. Check with your doctor for the most updated information and recommendations.

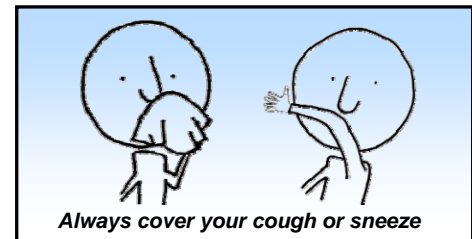
## Precautions to take as a restaurant operator:

### → Maintain a healthy work environment

- Washing hands is the best method of preventing viruses from being spread. Make sure every handwash station in the facility is fully stocked with soap and paper towels at all times. The sinks should all have hot and cold water and be kept clean and easy to access. Encourage employees to wash hands often and properly (for at least 20 seconds with warm water and soap from a dispenser).
- Providing alcohol based hand sanitizers for employee use is also a good idea, but it should only be used in addition to handwashing.
- Sanitize surfaces including door knobs, refrigerator handles, and faucet handles every day. To make sanitizer, mix bleach/water or quaternary ammonium/water according to manufacturer's directions.
- Ensure adequate air circulation.
- Teach employees that if they need to cough or sneeze, to cover their face with a tissue or with their sleeve as best as possible and to follow with thorough handwashing.

### → Communicate openly and proactively with your employees. Let employees know you expect them to stay home if they are ill. Teach employees to stay home if they have the following symptoms:

- Vomiting
- Diarrhea
- Fever over 100°F
- Severe sore throat
- Uncontrolled runny nose, sneezing or coughing.



### → Establish a back-up plan to provide coverage for sick employees so they do not feel pressured to work while sick.

Stay informed. Keep up-to-date with the latest information about H1N1, the seasonal flu, and the availability of vaccines. The following web sites will have the latest information:

[www.flu.gov](http://www.flu.gov)

**Sacramento County Public Health**

[www.scph.gov](http://www.scph.gov)

**Centers for Disease Control**

[www.cdc.gov/h1n1flu](http://www.cdc.gov/h1n1flu) en Espanol: [www.cdc.gov/swineflu/espanol/swine\\_espanol.htm](http://www.cdc.gov/swineflu/espanol/swine_espanol.htm)

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