



RESPONDERS HEALTH ALERT – INFLUENZA-LIKE ILLNESS

Currently, there are confirmed cases of Influenza B virus circulating among the HPAI incident responders. It is important that you recognize the signs of influenza-like illness and protect yourself from exposure to the virus. Influenza B is not an avian virus and infection should not be considered to be work related or acquired through responder exposure to influenza A infected poultry. However, you should report any influenza-like symptoms to your Incident Supervisor and the Safety Officer.

Signs and Symptoms of the flu

The flu is different from a cold. The flu usually comes on suddenly. People who have the flu often feel some or all of these signs and symptoms:

- Fever* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (very tired)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

**It's important to note that not everyone with flu will have a fever.*



What you can do to minimize the spread of influenza

The **single best way to prevent seasonal flu is to get vaccinated**

(<http://www.cdc.gov/flu/protect/keyfacts.htm>) each year, but good health habits like covering your cough and washing your hands often can help stop the spread of germs and prevent respiratory illnesses like the flu. There also are flu antiviral drugs that can be used to treat and prevent the flu. Your physician will determine if it is appropriate for you to be on antiviral treatment.

It's not too late to get vaccinated now – check with your Safety Officer about availability of flu vaccine in your area.

Avoid close contact

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

Stay in your hotel room when you are sick

If you have been diagnosed, or suspect you have influenza, you should notify your incident supervisor and safety officer, and stay in your hotel room for 24 hours after your fever subsides without the use of aspirin, acetaminophen or NSAIDS, such as ibuprofen.

Cover your mouth and nose

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

Clean your hands

Washing your hands often will help protect you

from germs. If soap and water are not available, use an alcohol-based hand rub.

Avoid touching your eyes, nose or mouth

Influenza viruses are often spread when a person touches something that is contaminated with the virus and then touches his or her eyes, nose, or mouth.

Practice other good health habits

Clean and disinfect frequently touched surfaces, especially when you are ill. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Notify hotel management

Hotel management should be notified so that hotel staff can take appropriate protective measures when servicing your hotel room.

Quick Response (QR) codes require a Smartphone with an enabled app – recommend "RedLaser Barcode Scanner".

Source for this and more information about the flu: <http://www.cdc.gov/flu>

