

# H1N1 Influenza Preparations

The world has been preparing for pandemic influenza ever since the avian flu scare of 2003 and we are ready for H1N1! Fortunately most people who have become ill from the H1N1 virus have recovered without requiring medical treatment, but let's take actions to avoid becoming sick.

## Avoid catching the flu, seasonal or H1N1.

Get your seasonal flu shot. H1N1 vaccines are not expected to be available until late October. Contact your health care provider for immunizations when they become available.



Stay away from individuals with fever, and who are coughing or sneezing. Wash your hands a lot. Teach family members how to protect themselves too. The Centers for Disease Control provides good detailed recommendations for reducing your chance of catching the flu. [http://www.cdc.gov/h1n1flu/guidance\\_homecare.htm](http://www.cdc.gov/h1n1flu/guidance_homecare.htm)

## If you are sick – Stay Away From Work!

The symptoms of 2009 H1N1 flu virus in people include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Contact your medical provider for advice regarding anti-viral medications and if your symptoms become severe.



Return to work after you have been fever free for 24 hours, without the benefit of medication.

## If a family member is sick:

Take good care of them and yourself. The CDC offers guidelines for caring for those with the flu, while reducing your risk of catching it too. Get emergency medical care right away if the sick person at home: has difficulty breathing or chest pain, is vomiting and unable to keep liquids down, has signs of dehydration, has seizures (for example, uncontrolled convulsions), is less responsive than normal or becomes confused [http://www.cdc.gov/h1n1flu/guidance\\_homecare.htm](http://www.cdc.gov/h1n1flu/guidance_homecare.htm)



## What type of leave is available if you become sick or need to stay home to care for family members?

UCAR provides generous leave benefits. Employees who become ill may remain at home and charge time to PTO or Sick Leave, depending on their leave plan. Employees with PTO leave may have Sick Leave Reserve hours available. You must deplete all your PTO before using Sick Leave Reserve. Employees who must remain at home to care for sick family members may charge time away to Family Sick Leave. The amount of leave available to you is reported on each pay stub.

Should your PTO, Sick Leave and Family Sick Leave be consumed, employees may take Leave without Pay. Also in some cases with approval of their management, employees may work from home or arrange for a flexible work schedule.