

## Keeping your people healthy

- ◆ Everyone should be trained to cover both the mouth and nose when sneezing.
- ◆ Teach everyone to cough into their elbow or sleeve. Never use bare hands to cover the nose. Germs can live on the hands and everything the hands touch for several days.
- ◆ Encourage employees and community members to get a yearly flu shot.
- ◆ Proper hand washing is the #1 way to prevent the spread of colds and the flu. Everyone should wash their hands with soap and water often, especially after going to the bathroom.
- ◆ Everyone should avoid touching their eyes, nose, and mouth—and avoid touching the eyes, nose, and mouths of children.
- ◆ Insist those who are ill stay home.
- ◆ Make sure all rooms contain single use gloves where applicable. Everyone should use universal precautions when cleaning up blood, throw up, or other body fluids.



## Links & Resources

Tooele County Health Department  
[www.tooelehealth.org](http://www.tooelehealth.org)

Tooele County Emergency Mgmt.  
[www.tcem.org](http://www.tcem.org)

Utah's Pandemic Flu Website  
[www.pandemicflu.utah.gov](http://www.pandemicflu.utah.gov)

Utah Department of Health  
[www.health.utah.gov](http://www.health.utah.gov)

U. S. Dept. of Health & Human Services  
[www.pandemicflu.gov](http://www.pandemicflu.gov)

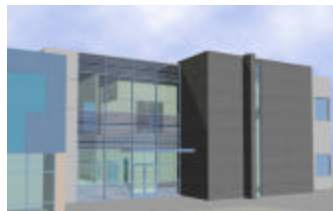
Center for Disease Control & Prevention  
[www.cdc.gov/flu/pandemic/](http://www.cdc.gov/flu/pandemic/)

World Health Organization  
[www.who/int](http://www.who/int)

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Tooele County Health Department



## Preparing

### for Pandemic Flu

A guide for  
Businesses and  
the Community



Tooele County Health Department

*"Protecting Your Future"*

**TOOELE  
COUNTY  
HEALTH DEPARTMENT**

# Pandemic Flu Outbreak

- n Pandemic Flu is a new outbreak which spreads rapidly from one person to another. People do not have immunity to this new flu.
- n At first the new virus attacks birds and animals, and later begins to infect humans.
- n Since it's a brand new virus, scientists have not been able to make a vaccine to prevent it.
- n Hundreds of thousands (maybe millions) will get sick. Many will die.
- n Health officials are concerned about the Avian (bird) flu in Asia and Europe, because it could easily spread from one person to another.
- n No one knows when the next pandemic flu outbreak will occur.
- n Large pandemics occurred in 1918, 1957, and again in 1968. Since people travel quickly all over the world, it would be easy to spread a new virus from one person to another.



# Utah prepares Businesses and the Community

## Be Informed:

- ◆ Listen for pandemic influenza updates you see on the TV or hear on the radio.
- ◆ Understand pandemic flu is very different than the regular flu
  - >More people will be sick
  - >Those who become sick may be seriously ill
  - >There is no vaccine available
- ◆ A pandemic will change the way people live their lives
  - >Schools/daycares may be closed
  - >Grocery stores may close
  - >Churches/community centers may close

## Have a plan:

- Prepare a plan which includes telephone numbers of employees and community people where you can get to it quickly. In an emergency, you won't have time to hunt.
- Create a workplace / community policy which enables sick people to stay home if they are ill. This is an important step in preventing the spread of disease.
- Include in your plan how your business will continue to stay open if many of your employees are unable to come to work because they are sick, or taking care of sick family members.
- Stock up on disposable tissues and alcohol-based hand sanitizers. Encourage your people to use them often.

## Talk to your people:

- £ Tell your people about pandemic influenza and how it is spread.
- £ Make sure all employees and co workers know where your plan is and how to use it. Designate an area outside of your business where everyone can meet if you have to evacuate your building quickly. (It should be close to your area, but not necessarily on the property.) Designate a spot in your community as well where everyone can meet if you can't get back to your building.
- £ Explain to your people how important it is to wash their hands with soap and water several times a day, especially after they use the toilet. Be a role model. If your people see you washing your hands, they will be more likely to wash theirs.
- £ Help your staff understand how important it is to send sick children / adults home. Don't jeopardize the health of your staff by allowing sick people to say at work.

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