

WHERE TO FIND MORE INFORMATION ON H1N1

Oregon Public Health Hotline
1-800-978-3040

Oregon Flu Information:
www.flu.oregon.gov

US federal government:
www.pandemicflu.gov

CDC (Centers for Disease Control)
www.cdc.gov

CDC – Stopping the germs at home,
work, and school:
**[www.cdc.gov/germstopper/
home_work_school.htm](http://www.cdc.gov/germstopper/home_work_school.htm)**

WHO (World Health Organization):
www.who.int

Trust for America's Health: What
Businesses Need to Know About
Pandemic Flu Planning:
**[http://healthyamericans.org/
reports/flu/brochures/](http://healthyamericans.org/reports/flu/brochures/)**

Homeland Security: Ready Business:
www.ready.gov

Umatilla County Public Health:
www.umatillacounty.net

Umatilla County Public Health stresses these simple actions to stop germs and prevent illnesses.

1. Protect yourself and others by washing your hands often.
2. Cover your mouth and nose with a tissue or shirt sleeve, not your hand, when coughing or sneezing and discard tissue immediately in a waste container.
3. If you are ill stay home and avoid exposing others to your illness. Do contact your doctor if you have any concerns.

Pendleton (541) 278-5432
200 SE 3rd St.

Office Hours: Monday – Friday
8 a.m. – 5 p.m.

Clinic Hours: Monday & Tuesday
8 a.m. – 5 p.m.
Every other Wednesday (call for dates)

Hermiston (541) 567-3113
435 East Newport

Clinic Hours: Thursday & Friday
8 a.m. – 5 p.m.
Every other Wednesday (Call for dates)



PUBLIC HEALTH

STAYING IN BUSINESS

Pandemic Influenza and You



Prevent ♦ Promote ♦ Protect

Pandemic flu – What can businesses expect?

An influenza pandemic is a world-wide epidemic resulting from the spread of a new strain of flu virus. Pandemics have the potential to cause increased levels of serious illness, death, and community-wide disruption in a short period of time.

A pandemic flu could make 25-30% of the population sick.

In a severe pandemic, many people may not be able to come to work because they are sick, taking care of someone who is sick, home with children because schools and daycares are temporarily closed or unable to get to work because of changes in public transportation.

Others you do business with – suppliers, transportation, communications and others – will also be faced with disruptions.

Health departments may recommend that large gatherings be suspended to reduce the spread of disease.



How businesses can survive by planning:

- Create a plan – Identify key functions and know exactly what you have to do to stay in business.
- Cross-train employees so you have back-up.
- Create an emergency call down list so you know how to contact employees and their families.
- Figure out ways to stagger work shifts to minimize face to face contact.
- Establish absence policies so that employees will stay home when they are sick.
- Provide information to encourage your employees to plan for themselves and their families.
- Talk to other people you do business with - what is their plan and how it might affect your business?
- Educate employees and customers - let them know you have a plan.

Workplace wellness all the time!

In a pandemic or in a regular flu season, the basics help keep your employees and customers from getting sick.

- Encourage frequent hand washing.
- Stock up on hand sanitizers, especially if soap and water is not readily available.
- Encourage vaccinations for seasonal flu and other illnesses.
- Encourage employees to sneeze and cough into their shirt sleeve or tissue - not their hands.
- Encourage employees to stay home when they are sick.
- Offer alcohol based wipes to clean off phone handsets, keyboards and other surfaces that may be touched by many people.

A recent workplace study found: 68% of people didn't wash their hands long enough to dislodge dirt and remove germs, 36% don't wash after coughing or sneezing, 31% don't wash before eating, and 8% don't wash after using the restroom. For resources on handwashing visit: <http://www.cdc.gov/cleanhands/>