
10 Ways You Can Stay Healthy at Work

There is understandable public concern with the outbreak of H1N1. Infections are always present and a threat to us all. Our active duty, civilians, retirees and contract counterparts need to implement disease prevention measures in order to promote a healthy and safe environment, as well as remain vigilant in recognizing individuals who become ill.

These simple steps can help protect you, your family, and your community:

- 1. Maintain a healthy lifestyle** through rest, diet, exercise, and relaxation
- 2. Practice other good health habits.** Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.
- 3. Wash your hands frequently** with soap and water for 20 seconds or use an alcohol-based hand cleaner if soap and water are not available. Be sure to wash your hands after coughing, sneezing, or blowing your nose.
- 4. Cover your mouth and nose.** Cover your mouth and nose with a tissue or your arm when coughing or sneezing. It may prevent those around you from getting sick.
- 5. Keep frequently touched common surfaces clean,** such as telephones, computer keyboards, doorknobs, light switches and toilet handle, etc.
- 6. Do not use other workers' phones, desks, offices, or other work tools and equipment.** If you need to use a co-worker's phone, desk, or other equipment, clean it first.
- 7. Don't spread the flu! If you are sick with flu-like illness, stay home.** Symptoms of flu include fever 100.5F or chills *and* cough or sore throat. In addition, symptoms of flu can include runny nose, body aches, headache, tiredness, diarrhea, or vomiting. CDC recommends that sick workers stay home with flu-like illness until at least 24 hours after they are free of fever without the use of fever-reducing medicines.
- 8. If you must go to your healthcare provider, please call first.** If you are empanelled to Peterson/Schriever Clinics call 556-CARE. When reporting to the clinics, sick individuals should only use the main entrances. Non-beneficiaries should call their civilian provider.
- 9. Vaccinated! Seasonal vaccine is available and H1N1 vaccine will soon be available**
- 10. Keep informed!** For more information on H1N1:

<http://www.cdc.gov/h1n1flu/>

<http://www.cdc.gov/h1n1flu/business/guidance/>

<http://www.cdc.gov/h1n1flu/qa.htm>

<http://www.cdphe.state.co.us/epr/h1n1.html>

Contact the Public Health Office at 556-1225 for further information.