

Occupational Health Talking Points

2009 H1N1 Flu

1. What should I do if I have an unprotected exposure at work to a patient with influenza or 2009 H1N1 Flu?

Unprotected occupational exposures to influenza or 2009 H1N1 flu should be reported to supervisors/managers and occupational health as soon as they are known to have occurred. You should watch for the development of influenza symptoms. If you develop symptoms of influenza, contact your Occupational Health department immediately. If Occupational Health is closed, use your facility's process for after hours injuries. The 2009 H1N1 flu cases in the United States to date have been responding to anti-viral medications.

2. What should I do if I have an unprotected exposure to influenza or 2009 H1N1 Flu outside of work?

If you think you may have been exposed to someone with 2009 H1N1 flu outside of work, you should watch for symptoms of influenza and stay home from work if you become ill. If you develop symptoms of influenza, you should contact your personal physician for treatment. Symptoms of influenza include: fever, dry cough, sore throat, body aches, headache, chills and fatigue.

3. Will the influenza vaccine received in 2008/2009 protect me from 2009 H1N1 Flu?

No, the influenza vaccine from 2008/2009 will not protect you from 2009 H1N1 flu. The 2009 H1N1 flu is a new virus strain that is genetically related to flu viruses found in pigs that has not been seen in humans previously.

4. What if I have symptoms of influenza or 2009 H1N1 Flu?

If you have symptoms of influenza or 2009 H1N1 flu you should be restricted from duty until you are without a fever for 24 hours without taking fever-reducing medications. Refer to the BJC HealthCare Policy: 'Work Restrictions for Personnel Exposed to or Infected with Communicable Diseases' for further details.

