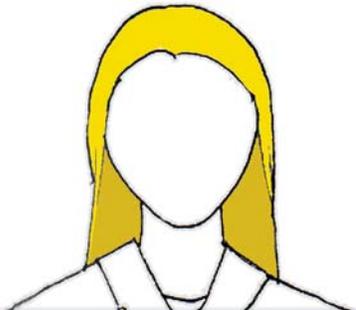
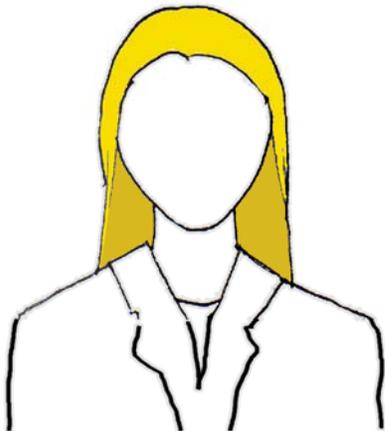


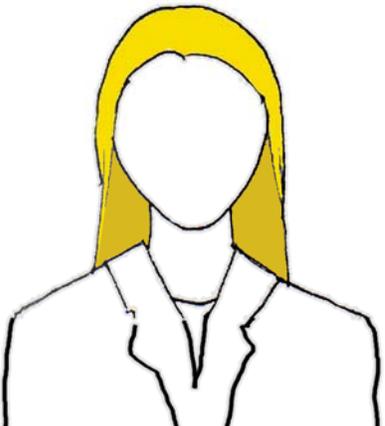
H1N1

& Workplace Etiquette

A Message from:
The Maryland Judiciary's Department of Emergency Preparedness



Jessica K. Pitts
Director of Emergency Preparedness
Maryland Judiciary



Hello everyone, my name

**is Jessica Pitts, and I am the
Director of Emergency Preparedness
for the Maryland Judiciary.**

**I'd like to spend just a few minutes
with you to talk about the H1N1 virus
and how to prevent the spread of
this virus in the workplace.**

2009 H1N1 Flu



Swine Flu



Human Flu

swine and

2009 H1N1 Flu



Swine Flu



Human Flu



Avian Flu

avian flu virus genes. The protein H1 on the virus hasn't

2009 H1N1 Flu



Swine Flu

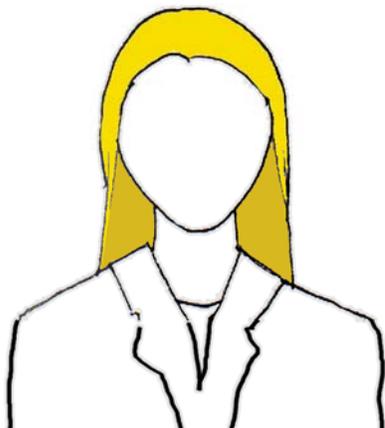


Human Flu



Avian Flu

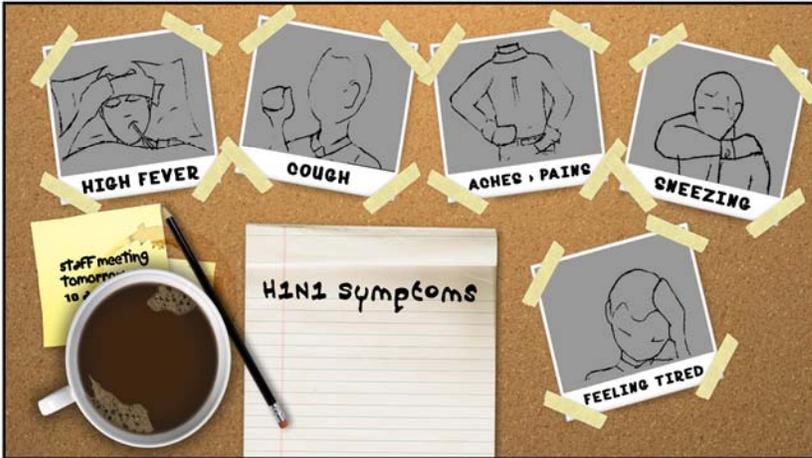
been in the human population before, so most people don't have any immunity from infection.



Every year, there are new strains of the flu virus that travel across the world. And even though Americans may have not been exposed to the 2009 H1N1 virus, our bodies know how to fight off these diseases.



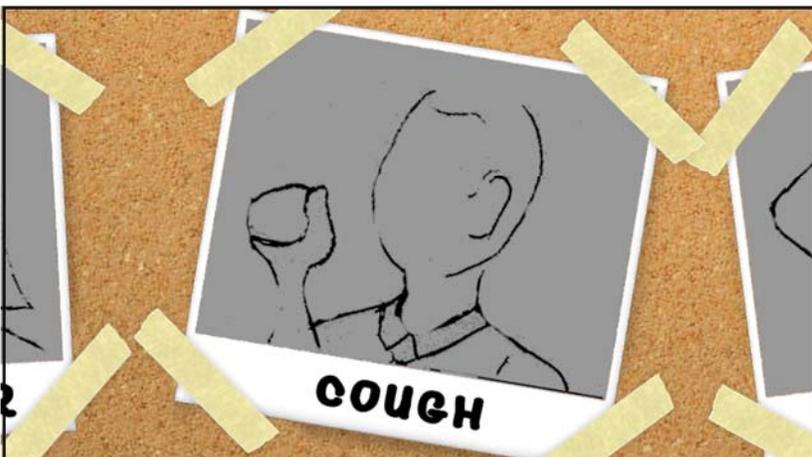
The symptoms are very similar to those of



the seasonal flu:



high fever,



cough,



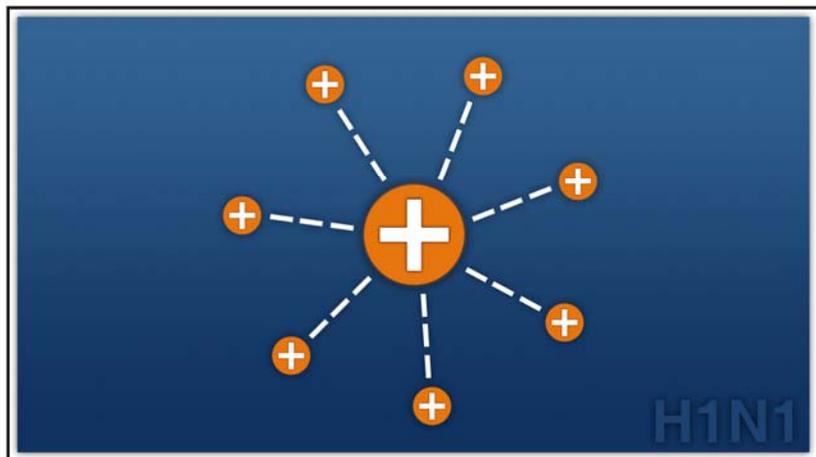
aches and pains,



sneezing and



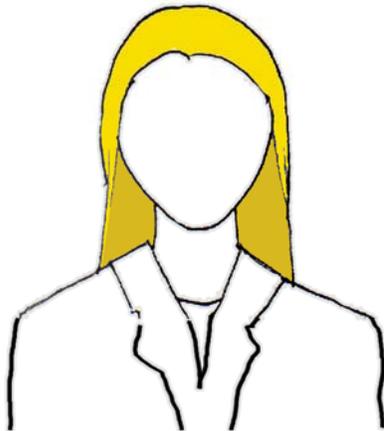
feeling very tired.



What if I think I have H1N1?

1. Call your doctor.
2. If you have flu-like symptoms with a fever of 100°F and above with a cough, STAY HOME and contact your doctor.
3. If you are having:
 - difficulty breathing
 - shortness of breath
 - chest or abdomen pressure or pains
 - dizziness
 - severe or persistent vomiting**SEEK MEDICAL ATTENTION IMMEDIATELY!**

If you experience difficulty breathing, shortness of breath, chest or abdomen pressure or pains, dizziness, or severe or persistent vomiting, SEEK MEDICAL ATTENTION IMMEDIATELY.



The CDC recommends that employees with flu-like illness remain at home until at least 24 hours after they have not had a fever (100 F or above) or signs of a fever without using fever-reducing medications, like aspirin.



H1N1

How is H1N1 spread?



How is H1N1 *spread* ?

H1N1



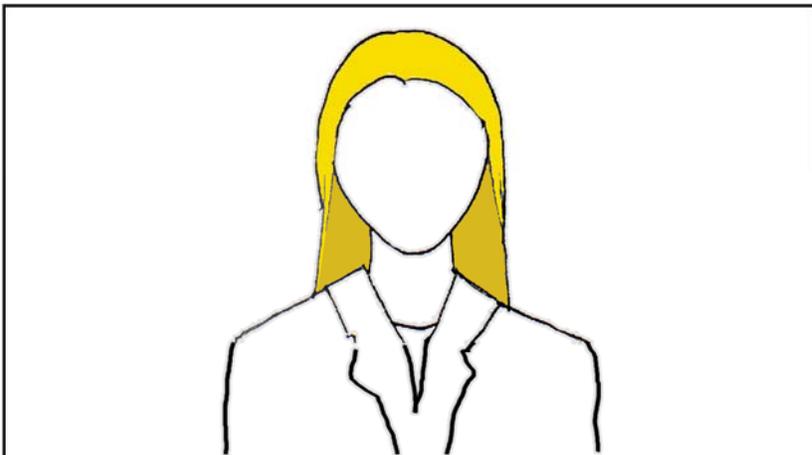
Flu viruses are thought to be spread mainly through respiratory droplets of coughs and sneezes that are passed person to person



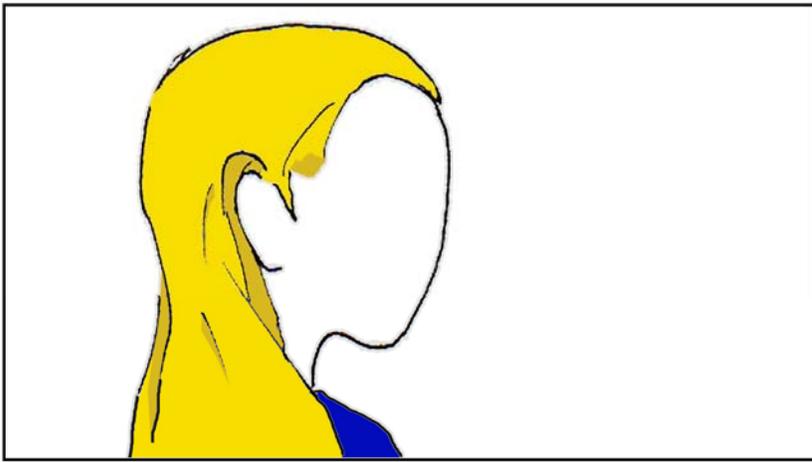
via contaminated hands



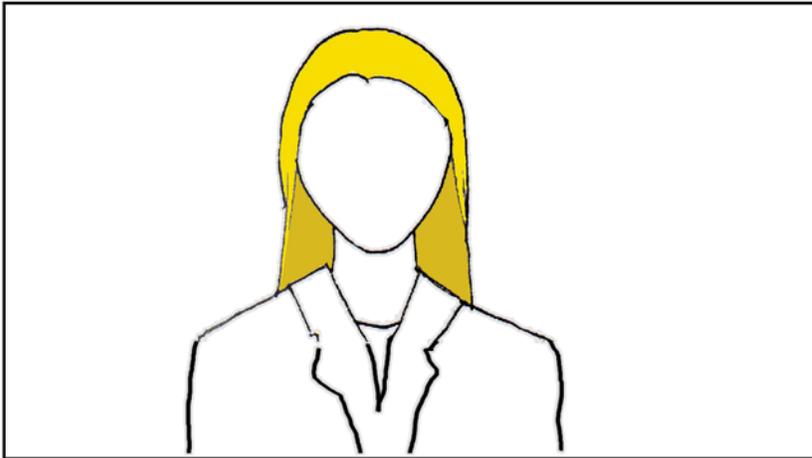
or onto surface areas where the droplets have been deposited.



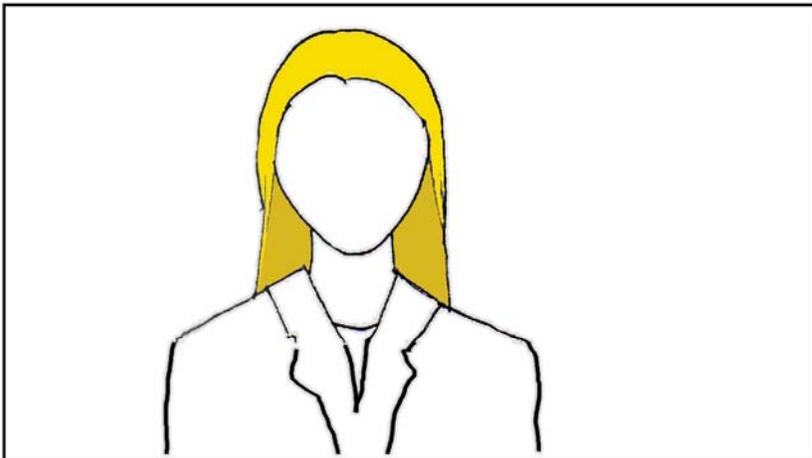
People think that the flu is airborne. That's not the case. It's the stuff that's in your chest, stuff that's in your nose, when you blow your nose, it's in your system; when you sneeze or cough it is transferred to whatever surface you sneeze or cough on – your desks, a phone, your hands, etc. if you cough on something or somebody, it is transferred.



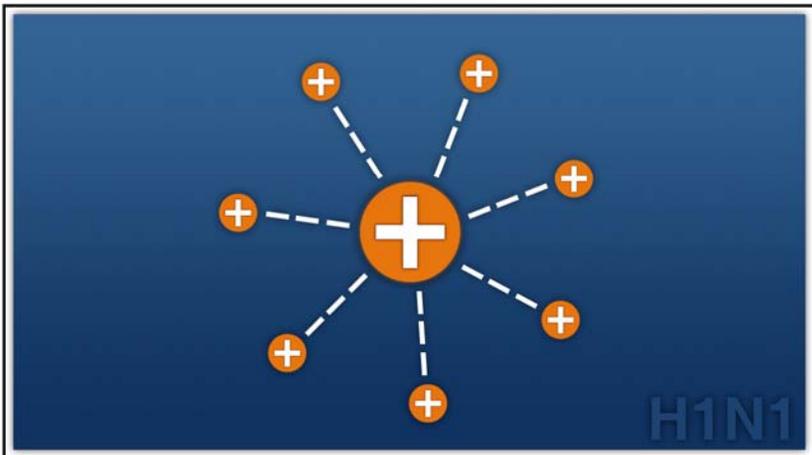
Okay, so if I cough on my stapler, and Mark picks up my stapler and uses it. And then Mark touches his mouth or your nose or eye, the flu can be transferred into his system. Basically, it needs an "in." It needs a way into your body and that's the way in.



One of the best ways to prevent the flu, a cold, or any virus from transferring to someone else, is to take one or two simple preventive measures when you cough or sneeze.



First, cover your cough by coughing into your elbow or sleeve or use a tissue to cover your nose and mouth when coughing or sneezing. Then wash your hands often with soap and water, especially immediately after coughing or sneezing. Hand sanitizers are also effective.





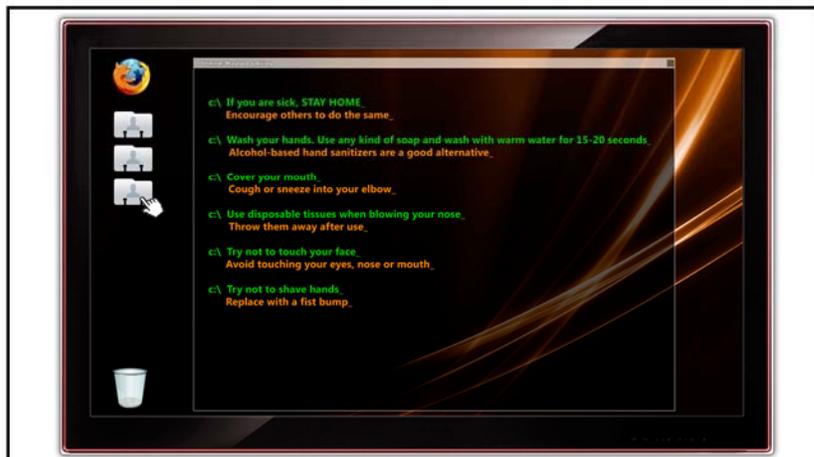
Cover your mouth. It isn't just because Miss Manners says so. It prevents spreading illness. [Something about coughing into your elbow]



Use disposable tissues when blowing your nose and those tissues away after use. Don't stick them in your pocket for a second use. They are disposable for a reason. Throw it out. Also, keep the handkerchief as a fashion statement; don't use it for sneezes.



Try not to touch your face. If your hands are contaminated, touching your eyes, nose or mouth allows the virus a method of transmission and an opportunity to infect.



Try not to shake hands. Replace with fist pumps/bumps. First it was a trend, now it is a necessity to slow the spread of germs. [Show stock footage of President Obama and Michelle fist bumping]

No. 95 are only recommended if you are:



No. N95 (a type of surgical mask) masks are only recommended if

No. 95 are only recommended if you are:

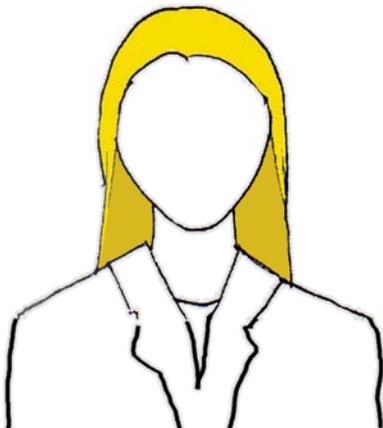


you are sick or

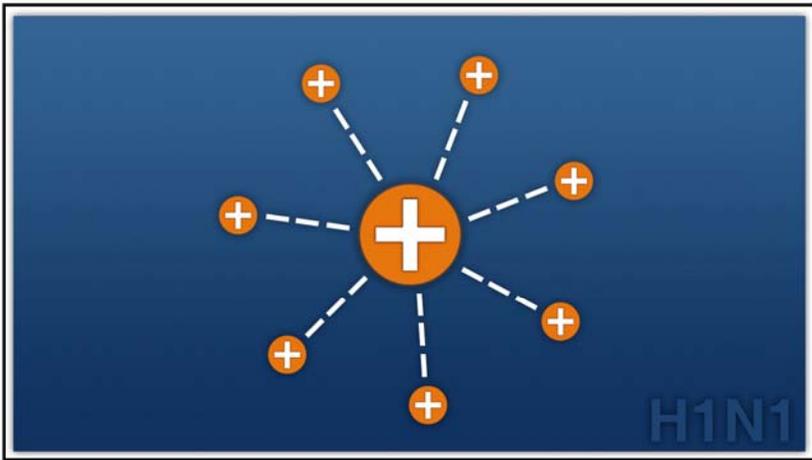
No. 95 masks are only recommended if you are:



if you are caring for a sick person.



The mask is simply a barrier method. If I am healthy and wearing a mask, I am not 100 percent protected from catching the flu. If I touch something that a sick person has sneezed or coughed on and then I touch my eye, mouth, or nose, I can still get the flu. Masks are really only recommended if you are sick to protect others from you.



How long can the influenza virus remain *alive* on objects?

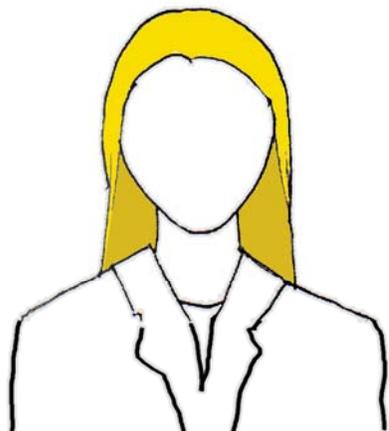
H1N1

The Maryland Judiciary's Department of Emergency Preparedness

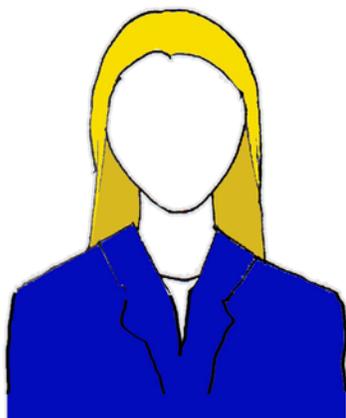
How long can influenza virus remain viable on objects?

Studies have shown that influenza virus can survive on environmental surfaces, such as countertops or doorknobs,

and infect a person for up to 2-8 hours after being deposited on the surface.



So to recap, here are the key pieces of information you should take away from this video:



Recap:

If you have symptom described in this video, **STAY HOME** and see your doctor.

Cover your mouth by coughing into your elbow or sleeve.

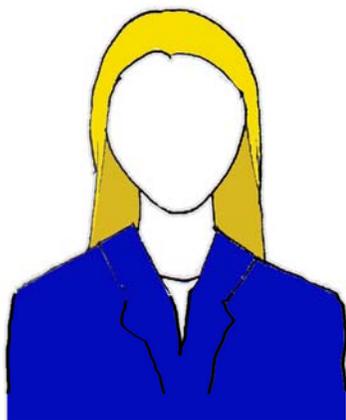
Use a tissue to cover your nose and mouth when coughing or sneezing.

Wash your hands often with soap and water.

Consider buying a hand sanitizer.

H1N1

If you have the symptoms we've outlined in this video, stay home and go see your doctor right away.



Recap:

If you have symptom described in this video, **STAY HOME** and see your doctor.

Cover your mouth by coughing into your elbow or sleeve.

Use a tissue to cover your nose and mouth when coughing or sneezing.

Wash your hands often with soap and water.

Consider buying a hand sanitizer.

H1N1

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Then wash your hands often with soap and water, especially immediately after coughing or sneezing. Hand sanitizers are also effective.

And for more information visit www.flu.gov, www.dhmf.maryland.gov, or www.mdcourts.gov/emergencypreparedness

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