



## Take these everyday steps to protect your health:

**Cover your nose and mouth** with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. If you do not have a tissue, sneeze into your upper arm to prevent the spread of any flu virus.

**Wash your hands often** with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.

**Avoid touching your eyes, nose or mouth.** Germs spread this way.

**Try to avoid close contact with sick people.**

**Stay home if you are sick for 7 days after your symptoms begin or until you have been symptom-free for 24 hours, whichever is longer.** This is to keep from infecting others and spreading the virus further.

**Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.**

Visit the Center for Disease Control and Prevention Website



Team, last week, I suggested things to consider at home with ways to prepare for a potentially hard-hitting flu season. If you missed that message or want to review it again, visit the Job Force Board's Home Page: [www.jobforce.org](http://www.jobforce.org) and click the icon flu.gov

## Current Status of H1N1 Flu

The World Health Organization continues to raise concerns about the H1N1 flu and urges us to step up hygiene and sanitary practices. Here are some actions we can all take to help curb the spread of both the seasonal flu and the H1N1 flu.

*Courtesy of the Centers for Disease Control and Prevention (CDC)*

The symptoms of the H1N1 flu virus in people are similar to the symptoms of seasonal flu. They include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue.

A significant number of people infected with this virus also report diarrhea and vomiting.

## Prevention & Treatment

**Get Vaccinated.** Vaccination is the best protection against contracting the flu. You need two vaccines to be fully protected this year. The seasonal flu vaccine is different from the H1N1 (Swine) flu vaccine. The CDC is encouraging people to get both vaccinations. Consider getting the seasonal vaccination as soon as possible and the H1N1 (Swine) flu vaccination, but make sure you consult your healthcare provider.

**Find a Flu Clinic Near You** to Get vaccinated. The Job Force Board will provide updates on flu clinics across the region.

Sincerely,

Orrin Bailey  
Michigan Works! The Job Force Board



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