

## **Employer Guidelines for Suspected H1N1 Infections**

The Centers for Disease Control (CDC) has determined that the H1N1 virus is contagious and is spreading from human to human. The CDC reports cases of confirmed H1N1 and a number of hospitalizations of H1N1 patients. Internationally, the situation is more serious, with additional countries reporting confirmed cases of H1N1, putting your international travelers at risk.

### **Protection and immediate evaluation of your workers is critical.**

Your workers should see a healthcare provider immediately if:

- The worker has been exposed to people with confirmed or suspected cases of H1N1
- The worker has traveled to areas where H1N1 cases have been identified
- The worker becomes ill with influenza-like symptoms

The health care provider will determine whether influenza testing or treatment is needed.

### **What can you do to help keep your workers healthy and on the job?**

- Educate your workers on prevention and risk reduction. Provide credible, up-to-date resource information. This information is available at [www.cdc.gov/swineflu](http://www.cdc.gov/swineflu) and at [www.who.int/en/](http://www.who.int/en/)
- Encourage workers to obtain early evaluation and treatment of suspected symptoms in the event of suspected exposure
- Encourage healthy habits of frequent hand washing and good hygiene practices

### **What can Lakeside do to help keep your workers healthy and on the job?**

- Lakeside will continue to provide updated information on the H1N1 on our website at [www.lakesideoccmed.com](http://www.lakesideoccmed.com). Visit our website and subscribe to the Email Alert in order to receive valued information and announcements pertinent to the health and safety of your workplace
- Lakeside will provide swift appointments for evaluation and treatment of all suspected cases of H1N1
- Employers can consult with Lakeside healthcare professionals on ways to reduce risk of flu infection in the workplace
- Lakeside offers consultations for workers who engage in both domestic and international travel to provide appropriate medications and precautions for both pre and post travel

**Lakeside recognizes that the health of your workforce is vital to your business.  
As specialists in occupational medicine, our goal is to assist you  
in maintaining a safe, healthy, and productive workforce.**