



# For All Contractors, Consultants, Vendors & Visitors Influenza A (H1N1) or Swine Flu Information Sheet

The symptoms of swine flu in people are similar to the symptoms of seasonal flu in humans and may include:

- Fever of 100 F (37 C) or higher
- Stuffy or runny nose
- Cough
- Sore throat
- Headache and body aches
- Fatigue or exhaustion
- Chills
- Vomiting and Diarrhea

\* Note: Recent travel from Mexico increases the risk of your symptoms being the result of the Influenza A (H1N1) illness.

**If you have these symptoms and think you are ill with the flu, Aerojet, as a health and safety precaution, requests that you do NOT enter our facility.**

Important: If you choose not to enter the worksite, please call your Aerojet contact immediately and inform them.

(Back side of this sheet highlights infection control information.)



## What You Can Do to Stay Healthy\*

- Influenza is thought to **spread mainly person-to-person** through coughing or sneezing of infected people.
- Concerns over security touching badges can be mitigated by simply wiping your badge with a sanitizer wipe.
- **Take everyday actions to stay healthy.**
  - Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
  - Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
  - Avoid touching your eyes, nose or mouth. Germs spread that way.
  - Stay home if you get sick. CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.
- **Follow public health advice** regarding school closures, avoiding crowds and other social distancing measures.
- **Develop a family emergency plan** as a precaution. This should include storing a supply of food, medicines, facemasks, alcohol-based hand rubs and other essential supplies.
- **Stay informed.** The CDC Web site is updated frequently.  
[http://www.cdc.gov/h1n1flu/general\\_info.htm](http://www.cdc.gov/h1n1flu/general_info.htm) or call 1-800-CDC-INFO for more information.

**\*Information provided by the CDC**