

Ways You Can Stay *Healthy at Work*

What you should do:

- ✓ If you are sick, **stay home** until at least 24 hours after the fever ends.
- ✓ If you get sick at work, **go home**.
- ✓ **Wash your hands** regularly to keep from being infected by influenza and other viruses.
- ✓ **Regularly clean** surfaces such as table tops and door handles with a disinfectant solution. Follow directions on the product's label.
- ✓ If this sounds like **common sense**, it is. Following this advice can **prevent the spread of influenza**.
- ✓ These precautions should be **followed year round**, during influenza season and during the rest of the year, too.
- ✓ Want to know more? **Visit www.dphhs.mt.gov**

NOVEL H1N1 INFLUENZA

has the **SAME**
SYMPTOMS as
any type of **INFLUENZA**

The dominant symptoms are

- Fever
- Cough
- Tiredness
- Sore throat
- Nasal congestion

FACT

**INFLUENZA is
INFLUENZA**

