



CDC Briefing for Businesses on Current Flu Emergency



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Websites With Frequently Updated Information:

- ✓ <http://www.cdc.gov/h1n1flu>
- ✓ <http://www.pandemicflu.gov>
- ✓ <http://alerts.nsc.org>

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Five Things Businesses Should Do:



1. Connect with public health officials in your area. Monitor <http://www.cdc.gov/h1n1flu/> closely.
2. Review CDC professional guidelines.
3. Plan what to do in the event a school or child care closure impacts your workers and their families.
4. Identify essential workers. Make contingency plans.
5. Promote hand washing and other good health habits.



Five Things Families Can Do:



1. Take everyday precautions to stay healthy.
2. Be prepared for potential school or child care center closure.
3. Know how to care for sick family members.
4. Try to avoid sick people.
5. Stock up on food and essential supplies next time you're at the grocery store.



Everyday Health Habits



- ✓ 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.
- ✓ Try to avoid close contact with sick people.
- ✓ If you get sick, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.
- ✓ Avoid touching your eyes, nose or mouth. Germs spread that way.

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Pandemic Flu Planning Checklists



- ✓ <http://www.pandemicflu.gov/plan/workplaceplanning/businesschecklist.html>
- ✓ <http://www.pandemicflu.gov/plan/individual/checklist.html>

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Audio and Video Resources



- [Audio Public Service Announcements](#)
- [Symptoms of Swine Flu](#) April 27, 2009 Video describing symptoms of swine flu and warning signs.
- [Swine Flu](#) Apr 25, 2009 Video describes swine flu - its signs and symptoms, how it's transmitted, medicines to treat it, steps people can take to protect themselves from it, and what people should do if they become ill.



CDC Communications



- [Swine Flu mobile information](#): Access important information about the Swine Influenza outbreak via the mobile CDC Web site.
- [CDC Flu Updates Widget](#): Place this CDC Seasonal Flu Updates widget on your Web site, portal home page or in your blog to give you and your visitors the latest information about seasonal flu from the CDC.
- Updates through CDC Business Partnerships with National Safety Council, National Business Group on Health and National Business Coalition on Health.
- <http://alerts.nsc.org> and the NSC Emergency Alert Network sends updated alerts to NSC members.



Social Networking



- Follow [CDC's new Twitter feed for Emergency Information](#): Emergency and preparedness information from CDC and partner agencies.
- Follow [CDC's Twitter feed for Interactive Media News](#): For interested Health Professionals interested in staying up-to-date with CDC's interactive media activities (includes alerts of when new mobile content and widgets are released by CDC).
- Swine Flu Information on [CDC MySpace](#): Stay informed about the Swine Flu outbreak through CDC's social network profile on MySpace. Updated information is also available on [CDC's Daily Strength](#) profile.

