



H1N1 FACT SHEET



The Centers for Disease Control (CDC), other federal agencies, the medical community and others are concerned that an H1N1 (also known as swine flu) pandemic may occur later this year or in 2010. The National Solid Wastes Management Association (NSWMA) and Waste Equipment Technology Association (WASTEC) encourage members to prepare for a possible pandemic, which could result in a substantial number of sick workers, and could be disruptive to operations and contractual obligations. NSWMA and WASTEC offer this checklist to members and their employees for guidance on preparing for and responding to a pandemic.

Employers should:

- Educate employees about proper personal hygiene (e.g., covering coughs and sneezes, hand washing, cleaning shared surfaces and equipment)
- Educate employees about flu symptoms (fever plus cough or a sore throat; other symptoms may include headache, fatigue, runny nose, congestion or body aches)
- Encourage employees with flu symptoms to stay home
- Develop contingency plans for substantial absenteeism including identifying and protecting critical business functions
- Prepare for potential supply chain and business travel disruptions
- Review applicable employment policies
- Monitor CDC and other federal and local information resources

Employees should:

- Recognize flu symptoms and stay home if sick; do not return to work until 24 hours after fever subsides.
- Wash hands frequently with soap and warm water for 20 seconds or use a hand sanitizer
- Carry tissues to cover your nose and mouth in case of coughs and sneezes
- Avoid touching your nose, mouth, and eyes
- Clean frequently shared common surfaces (telephones, keyboards, tools, doorknobs, etc.)
- Consider getting vaccinated against seasonal flu
- Maintain a healthy lifestyle – eat properly, exercise, get adequate sleep and build your immune system as much as possible

The federal government has created a website with comprehensive resources on H1N1 and pandemic flu at www.flu.gov. For additional information, go to the CDC website at www.cdc.gov/h1n1flu.

NSWMA

National Solid Wastes Management Association



WASTEC

Waste Equipment Technology Association