

Notice to Farm Owners

Important Information about H1N1 (Swine Flu)

Swine flu symptoms are similar to general flu illness. The flu can start suddenly and include these symptoms:

- chills
- dry cough
- headache
- runny or stuffy nose
- extreme tiredness
- muscle aches
- sore throat
- fever (usually greater than 100°F)
- stomach symptoms, such as nausea, vomiting, and diarrhea, may occur in children but are rare in adults

Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.

Protect yourself and others:

- Avoid close contact with others.
- Stay home when you are sick.
- Wash your hands often with soap and water. Use hand sanitizers.
- Avoid touching your eyes, nose or mouth. Cover your mouth and nose if coughing or sneezing .
- Get rest, drink plenty of fluids & eat nutritious food.

Encourage workers to notify you if they feel sick.

- It's important for you, your family and other workers that they let you know if they are sick.
- It is important that they not feel at risk for reporting an illness. Reassure your workers they will not be fired if they are sick.
- Recognize that workers from Mexico who have been here since the beginning of April and have had no contact with recent arrivals are NOT at high risk.
- A worker with fever or cough should be separated from others. Minimal contact and careful hand washing should be practiced. A health care provider will determine whether influenza testing or treatment is needed.
- Help protect all workers by encouraging them to drink plenty of water, wash hands frequently and get 8 hours of sleep.

For more information:

NYCAMH 800-343-7527 • NYS Dept of Health Swine Flu Hotline 800-808-1987

H1N1 (Swine Flu) Safety

Simple things you can do to reduce your chances of catching flu or giving it to others:

Staying healthy

Cover your nose and mouth when you cough or sneeze



Wash hands often with soap and water often, especially after coughing



Drink lots of water and other fluids

Get plenty of rest, and eat good food



Try to avoid close contact with sick people



Symptoms of Swine flu

- chills
- fever (greater than 100°F)
- extreme tiredness
- sore throat
- runny, stuffy nose
- muscle aches
- headache
- dry cough
- Rarely nausea, vomiting, and diarrhea

If you feel sick

Tell your supervisor if you feel sick. If you don't, you could get worse and make EVERYONE sick.

Your supervisor will call the clinic and find out if you need to be tested for Swine flu.

Stay home and avoid contact with others to avoid spreading the illness.



For more information: NYS Dept of Health Swine Flu Hotline 1-800-808-1987

