



memo

TO: Executive Board Members, Council Leaders, and Health and Safety Chairs

DATE: May 1, 2009

RE: *Swine Influenza A (H1N1)*

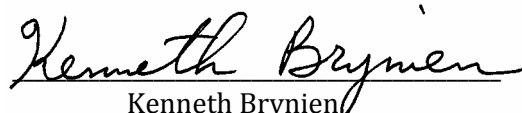
The recent headlines about the spread of the H1N1 influenza (swine flu) have increased public awareness and concern among PEF members. I have attached to this memo a fact sheet developed by the PEF Health and Safety Department to help you gain a basic understanding of Swine Influenza A. This fact sheet is also available on the PEF web site at www.pef.org, by clicking on Health and Safety.

The CDC has determined that this swine influenza A (H1N1) virus is contagious and is spreading from human to human. However, as of April 2009, it is not known how easily the virus spreads between people. Swine influenza A (H1N1) is thought to spread from person to person through coughing or sneezing of people with the virus. Persons may also become infected by touching something, such as a desk or door knob, contaminated with flu viruses and then touching their eyes, nose, or mouth.

You should take the following precautions to protect yourself from the flu viruses and other germs:

- Cover your nose and mouth with tissue when you cough or sneeze. Dispose of the tissue after you use it. If tissue is not available, cough or sneeze into your upper sleeve and not your hands.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand sanitizers may also be used.
- Try to avoid close contact with sick people.
- If you get sick with influenza, the CDC recommends that you stay home from work or school and limit contact with others.

If you have any questions, please contact the PEF Health and Safety Department by calling or emailing the PEF Health & Safety Department: 800-342-5406, ext. 254 or Kwillbrant@pef.org


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