

# Precauciones con H1N1 (la gripe porcina)

**Cosas que Usted puede hacer para reducir el riesgo de enfermarse o enfermar a los demás:**

## Mantenerse sano

Utilice un pañuelo de papel cada vez que tosa, estornude o escupa.



Lávese las manos frecuentemente con jabón y agua caliente.



Descanse bien, coma alimentos sanos y tome bastante agua.



Evite a las personas que estén enfermas



## Síntomas de la gripe porcina

- escalofríos
- fiebre mayor de 38°C
- fatiga
- dolor de garganta
- congestión nasal
- dolores musculares
- dolor de cabeza
- tos seco
- raras veces náusea, vómito y diarrea

## Si se siente enfermo

Avísele a su patrón si se siente enfermo. Si no le dice nada, Ud. se podría empeorar y todos podrían enfermarse también.



Su supervisor va a llamar a la clínica para saber si se necesita una prueba de gripe porcina.



Quédese en casa y no vaya al trabajo si está enfermo para no enfermar a los demás.



Para mayor información: llame a la línea del Departamento de salud de Nueva York

1-800-808-1987



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

**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