



CABANISS CONSULTANTS, LLC
Creating Harmony For People With Intellectual and Developmental Disabilities
James Cabaniss, CEO

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ATTENTION STAFF & VISITORS

Measures are being taken to be proactive in the event that the (swine flu) H1N1 influenza virus should reach our community. We are requesting that if you have been in contact with someone who has had the flu-like illness or you have symptoms of the flu please do not come to work or visit.

The following are signs/symptoms of influenza “flu”:

- **Fever (temperature > 100°F)**
- **Cough**
- **Sore throat**
- **Runny or stuffy nose**
- **Muscle aches**
- **Nausea, vomiting, and diarrhea**

If you have been around someone who has had the “flu” it can take up to 4 days for you to show symptoms or feel ill. You can be contagious 1 day prior to symptoms and 5 to 7 days after symptoms start.

Prevention:

- **Frequent hand washing with soap and water if hands are visibly soiled, or using alcohol-based hand cleaner.**
- **Use of tissues to cover mouth and nose when coughing or sneezing and dispose of tissue in waste basket.**
- **If you don’t have a tissue and need to cough or sneeze please use your upper sleeve not your hands.**
- **Washing hands with soap and water or using alcohol-based hand cleaner is very important after coughing or sneezing to prevent the spread of germs.**
- **Staying at least 3 feet from someone who appears to be ill.**
- **Avoid touching eyes, nose, and mouth.**
- **Getting plenty of rest.**

Thank you for your cooperation and assisting us in preventing the spread of infectious illness in our group home.