



## **Protect Yourself and Your Business from Influenza**

When Influenza strikes a community, it is important to implement measures to limit its spread.

Business continuity means ensuring that essential business functions can continue. “Plan now to keep your business in business”.

Steps your business can take:

- Maintain a healthy work environment. Encourage employees to look after their general health and well being.
- Promote frequent hand washing with soap and water especially after the following activities:
  - after coughing, sneezing or blowing your nose
  - after touching your eyes, nose or mouth
  - after being in contact with someone who has the flu
  - before preparing or eating meals
  - after coming back from any public place
- If soap and water are not available, clean hands with hand gels containing 60% alcohol. Always carry some with you.
- Have hand gels containing at least 60% alcohol in visible places for customers and staff to use.
- Post handwashing signs in all bathrooms.
- Encourage staff to cough and sneeze into their sleeve to avoid spreading the virus to their hands.
- Ensure frequent cleaning of counter tops, door knobs, taps and desk surfaces
- encourage employees who are ill to stay at home