

H1N1 FLU PRECAUTIONS FOR FOOD ESTABLISHMENTS

The H1N1 flu may show similar symptoms to the typical flu such as:

Fever (over 100°F)
Coughing
Sore throat
Tiredness
Headaches
Muscle aches

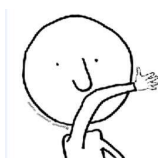
Those with diabetes, heart disease, asthma or emphysema and pregnant women may develop more severe symptoms and illness. The virus can be spread by an uncovered cough or sneeze where they may land on doorknobs, computer keyboards, counters, and food. Touching these items then touching your mouth, nose, and eyes without properly washing your hands can transfer the virus to yourself.

The State of Hawaii Department of Health has set up a H1N1 Flu Information Line at (866)767-5044 for the latest facts and answers to your questions. It is open Monday through Friday from 7:00am to 7:00pm and Saturday and Sunday from 9:00am to 5:30pm.

Additional information is available at www.hawaii.gov/health and www.cdc.gov/swineflu



**We Recommend You Stay Home When You Are Sick
And Seek Medical Attention**



**Cover Your Cough And Sneeze With Your Elbow Or
Tissue**



Wash Your Hands Frequently

- 1: Turn on water and wet hands
- 2: Apply soap
- 3: Rub briskly for twenty seconds from finger tips to elbows
- 4: Rinse off soap
- 5: Dry hands with paper towels
- 6: Turn off water with paper towels

For more information contact:
Department of Health Sanitation Branch
Oahu 586-8000
Hilo 933-0917/Kona 322-1507
Maui 984-8230 Kauai 241-3323