

STAFF INFLUENZA NOTICE

Influenza is a contagious disease. To help reduce the spread of influenza in this workplace, the following actions are required of everybody.

DO NOT COME TO WORK IF YOU HAVE

- chills, shivering and a fever (temperature >38°C)
- muscle aches and pains
- sore throat
- dry cough
- trouble breathing
- sneezing
- stuffy or runny nose
- extreme tiredness

If some of the above symptoms apply to you, please stay home, seek medical advice and wait until you have recovered before returning to work.

If you start to feel ill at work with the above symptoms advise your Influenza Manager (see below) and keep at least one metre away from others.

If you have recently arrived or returned from overseas, you may be at risk from influenza, and you should advise your Influenza Manager of your recent travel.

Call your Influenza Manager.....

Phone.....

