



Influenza

Influenza is a respiratory illness caused by viruses. It is contagious and can cause mild to severe illness; some people may die from influenza. An estimated 36,000 people die each year from flu-related causes.

How Flu Spreads

Coughing or sneezing spreads flu from person to person, as can touching a surface contaminated with flu virus and then touching one's mouth or nose. A healthy adult may be able to spread the flu to others up to one day before symptoms develop and up to five days after becoming sick. You may pass the flu to someone before you realize you are sick; it is very important you stay home after symptoms develop so that you don't continue to spread the virus. If you become sick, expect to stay home from work until you are no longer contagious - up to seven days after symptoms begin or until you are symptom free. Minimize contact with others; avoid travel and going to work or school.

Health experts agree the best way to prevent getting the flu is to get a flu shot. If you believe you have contracted the flu, contact your physician to determine treatment.

Flu Symptoms

- Fever
- Dry cough
- Muscle aches
- Headache
- Sore throat
- Extreme tiredness
- Runny or stuffy nose

Stomach symptoms such as nausea, vomiting, and diarrhea also can occur, but are more common in children than adults; vomiting and diarrhea also are associated with the novel H1N1 flu virus (swine flu).

To Prevent Flu at Work

- Thoroughly wash your hands often with soap and water or with an alcohol-based gel for 30 seconds.
- Use antibacterial cleaners on surfaces that are touched frequently.
- Avoid close contact with people who are sick.
- Cover your nose and mouth with a tissue when coughing or sneezing; when a tissue is not handy, use your elbow or sleeve.
- Get lots of sleep, manage your stress level, drink plenty of fluids and eat a balanced diet.
- Get a flu shot.

Emergency Signs

Adults who show these signs of infection should seek urgent medical care:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve, but return with fever and a worsening cough

Sources: Centers for Disease Control and Prevention and Occupational Safety & Health Administration

Safety tips developed based on generally accepted safety standards believed to be reliable at the date of publication. Information is for general guidance only and should not be relied upon for legal compliance purposes.

Founded in 1925, CopperPoint Insurance Companies is a western-based super regional commercial insurance company and a leading provider of workers' compensation and commercial insurance solutions. With an expanded line of insurance products and a growing 10 state footprint in the western United States, CopperPoint is in a strong position to meet the evolving needs of our brokers, agents and customers.

The company has \$4.8 billion in total assets and an enterprise surplus of \$1.4 billion. The CopperPoint Family of Insurance Companies include CopperPoint, Alaska National and PacificComp. All companies are rated A (Excellent) by AM Best.