



Flu Facts

for UMHS faculty & staff

What to do if you get the flu

During the 2009-2010 flu season, when both H1N1 (“swine”) pandemic flu and regular seasonal flu will be circulating, it is very important for all U-M Health System faculty, staff, students and volunteers to take steps to reduce the spread of flu to one another and, most importantly, to our patients.

If you work, train, study or volunteer at any U-M Health System hospital, health center, office or laboratory, the following guidance is intended for you. If you feel ill, work with your supervisor to make sure you follow the guidelines while also making sure that necessary duties are covered.

More detail about these guidelines: www.med.umich.edu/ice/pandemic/hcw_flu.pdf

More detail about taking time off/benefits (from Human Resources): www.hr.umich.edu/announcements/flu.html

The bottom line on flu symptoms:

If you develop a fever of 100 degrees F (37.8C) or higher, AND you have a sore throat or cough or runny nose, STAY HOME and call your supervisor. If you are already at work, talk to your supervisor and then GO HOME. You are most contagious in the first days of flu.

If you are pregnant, over 65 or have a chronic condition affecting your heart, lungs or immune system, or you have diabetes, you may be at higher risk for complications from flu and may benefit from treatment with antiviral medication. Occupational Health Services (formerly called Employee Health) can provide it to you, to reduce your risk of serious illness. See the link above for more information on who is eligible and how to get treatment.

How long should you stay out of work?

If you don't have face-to-face contact with patients and you don't enter patient rooms:

Stay home until 24 hours after your fever has gone away (without the help of fever-reducing medicine). Your cough/runny nose/sore throat must be gone or under control.

If you do have face-to-face contact with patients or you enter patient rooms:

You have a professional responsibility to not spread flu to your patients. You should stay home for whichever period is **longer**: **EITHER** 7 days after your symptoms began **OR** until 24 hours after your fever has gone away (without the help of fever-reducing medicine) and your cough/runny nose/sore throat is gone or under control.

However, you may be able to return to work sooner, if testing shows that you do not have H1N1 flu. This option is being offered to those who have face-to-face patient contact, or who enter patient rooms, because we need “all hands on deck” to serve patients and keep UMHS running.

How to get tested: If your fever has gone away before the end of 7 days and your cough/runny nose/sore throat are under control, wait 24 hours. Then, visit one of the following locations during these times to be tested:

Occupational Health Services, third floor, MedInn Building: Mon. – Fri. 7:30 a.m. – 4:30 p.m.

East Ann Arbor Health Center General Medicine Clinic: Mon.–Fri. 9 a.m. – 4 p.m., Sat. 8 a.m. – 11 a.m.

Emergency Department, Sun. 8 a.m. – 12 noon

Bring your blue registration card and tell the clerk that you're there for a “return to work flu swab”. You will receive your test results within 24 hours and know when you can go back to work.

For more information on flu-related issues for UMHS employees, visit www.med.umich.edu/u/flu