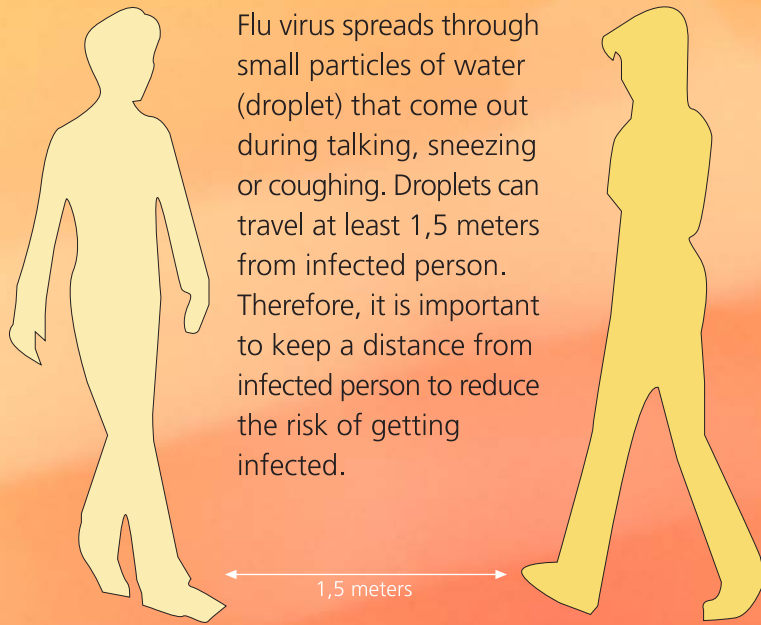


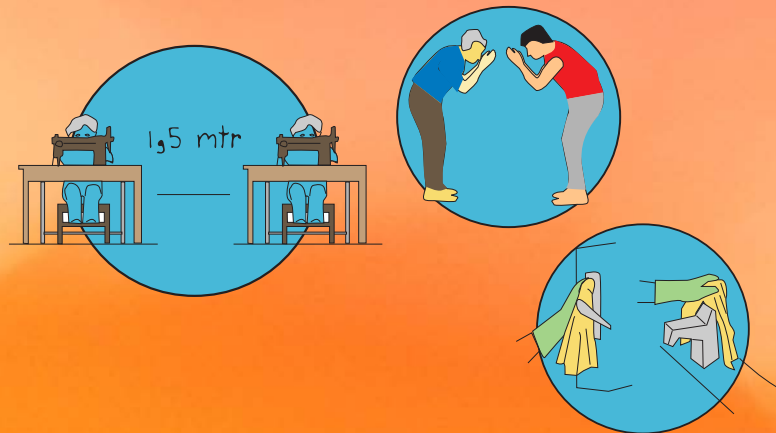
Avoid close contact to people with flu symptoms

Flu virus spreads through small particles of water (droplet) that come out during talking, sneezing or coughing. Droplets can travel at least 1,5 meters from infected person. Therefore, it is important to keep a distance from infected person to reduce the risk of getting infected.

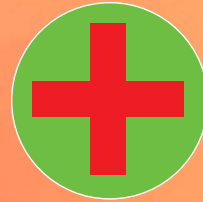


What can we do?

- Keep your distance from co-workers or customers who are coughing or sneezing
- Avoid shaking hands
- Keep the frequently touched surfaces at the workplace (i.e. door knob, lift knob, table, etc) clean



During the outbreak/pandemic, stay home if you develop flu symptoms



Early rest as soon as symptoms develop will help to recover faster. Reducing the movement of infected person could reduce the spread of the virus. Most people with influenza will have mild symptoms, and can be taken care of at home.



What can we do?

- Avoid close contact with others when you are sick
- If close contact is unavoidable, wear a mask and maintain other preventive measures
- If getting worse or showing danger signs (i.e. difficulty breathing), consult to the nearest doctor/health facilities

ILO Jakarta Office
Menara Thamrin Building, Level 22,
Jl. M.H. Thamrin Kav. 3
Jakarta 10250
Tel. 62 21 391 3112
Fax. 62 21 310 0766
Email: jakarta@ilo.org
Website: www.ilo.org/jakarta



Departemen
Tenaga Kerja dan
Transmigrasi



Organisasi
Perburuhan
Internasional

PROTECT YOURSELF AND
YOUR CO-WORKER
AT THE WORKPLACE

FROM
**INFLUENZA
PANDEMIC**

PEKERJAAN YANG LAYAK



Dunia yang lebih baik dimulai di sini

www.ilo.org/decentwork

What is an influenza pandemic / Influenza pandemic H1N1?

Influenza pandemic happens when a new human influenza virus emerges and has capability to spread rapidly across the world (because the virus is new and humans have no previous immunity against this virus).

Influenza A H1N1 virus, recently known as swine flu or Mexico flu.

What are the signs and symptoms from people infected with H1N1 virus?

The symptoms are similar with usual influenza's symptoms, such as:

- High fever ($> 38^{\circ}\text{C}$)
- Cough and runny nose
- Sore throat
- Muscle and joint aches, sometimes vomiting and diarrhea
- If getting severe, difficulty breathing could appear



How does the virus spread?

The virus can pass from human to human through:

- Direct contact with small particles of water (droplet) that come out during talking, sneezing or coughing. (droplets can travel at least 1,5 meters from infected person)
- Touching the contaminated surfaces with flu virus, and touch our own mouth or nose (virus can survive a couple of hours on the surfaces: i.e. door knob, glass, table, hands, etc.)

Infected person may start spreading the virus a day before they develop the symptoms.

Recognize/Identify and practice/implement preventive measures

Wash hands with soap and running water

Hand hygiene is very important, infected droplets/small particles of water will contaminate the frequently touched surfaces. If healthy people touch those infected surfaces, they can infect themselves by touching mouth, eyes or nose.

What can we do?

- Wash hands frequently
- Wash your hands after coughing or sneezing
- When soap and water are not available, use hand sanitizer
- Avoid touching your mouth, nose or eyes



Cover mouth and nose when you cough or sneeze

Coughing or sneezing spread the virus over the wider areas, by covering the mouth and nose while coughing or sneezing, we help to reduce the spreading of the virus and minimize the risk for infecting others.



What can we do?

- Use disposable tissue and dispose of tissue into rubbish bin
- Wash your hands immediately
- If there is no tissue, sneeze or cough into your upper sleeve not your hands

