

From: [Essential Information](#)
To: [EPCOR USA All](#)
Subject: Swine flu: How to protect yourself and others
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Essential Information



Tips for preventing the spread of influenza

With an outbreak of swine influenza causing concern around the world, here's how you can protect yourself and help prevent the spread of the virus.

Influenza can be transmitted from person to person via droplets from an infected person – most commonly through sneezing and coughing, as well as being in contact with the person. The best defence is to wash your hands well and cover your mouth if you cough or sneeze.

Hand-washing: As with any flu virus, the best way to prevent the transmission of the virus is to regularly wash your hands thoroughly with warm, soapy water. The proper hand washing technique, according to health experts:

1. Wet your hands with warm running water.
2. Add soap, and then rub your hands together, making a soapy lather. Do this away from the running water for at least 15 seconds to avoid washing the lather away. Wash the front and back of your hands, as well as between your fingers and under your nails.
3. Rinse your hands well under warm running water.
4. Pat your hands dry with a paper towel or clean towel at home.
5. Turn off the water using the same paper towel and throw it in the garbage. At home, change your hand towels regularly.

Where soap and water are not available, use hand sanitizers containing more than 60% alcohol for full effectiveness.

Coughing & sneezing: Cover your mouth and nose with a tissue when you cough or sneeze, put your used tissue in the waste basket and wash your hands. If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.

Other ways to stop the spread of influenza:

- Avoid touching your eyes, nose or mouth after touching door handles and other surfaces that may harbour influenza and other viruses.
- If ill, stay home from work and avoiding public places. Remember to call the Shepell•fji absence support line at 1-888-359-5355 to report your own absence from work.
- If you have recently been to Mexico and have flu-like symptoms of fever, aches and pains, sore throat, coughing or trouble breathing, stay home and contact your provincial health authority.
- Stay up-to-date on swine flu from your local health authority, Health Canada and the World Health Organization.

More information

- Visit the [Public Health Agency of Canada website](#).
- Check for updates on the [World Health Organization website](#).

EPCOR is monitoring the situation as it evolves and reviewing the potential impacts the swine flu might have on the company's people and its operations.



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