

H1N1

Protect yourself and others

During your work day, ask yourself these questions to make sure you are doing everything you can to prevent the spread of H1N1.

Before Leaving Home

Am I sick with a fever and cough, sore throat, or achiness?

YES 

Contact your direct supervisor to discuss

NO 



Inside the facility

Before entering and leaving public spaces in the facility
i.e. Cafeteria, hallways, administration offices

Have I washed my hands?

NO 

Wash hands

YES 



OR



Routine Practices

For possible exposure to blood or body fluids or risk of splashes to the eyes, wear:

- Gloves
- Gowns
- Eye protection

In a resident care area

No direct contact with patients
Empty patient room, discharge room cleaning, reception area, outpatient clinic, equipment cleaning, admitting area

Have I washed my hands?

NO 

Wash hands

YES 



In a resident care area

Direct contact/ care of residents
Bathing, feeding, dressing a resident

Have I washed my hands?

NO 

Wash hands

YES 



Does the patient have influenza-like illness (ILI)?

NO 



YES 

Wear a surgical mask

Can the resident tolerate wearing a mask?

NO 



YES 

provide them a mask if they are not already wearing one

Am I following Routine Practices?

NO 

Follow routine practices

YES 



Upon completion of tasks

Have I appropriately disposed of my gown and gloves, masks, respirators and eye protection?

NO 

Safely dispose of your PPE in the containers provided

YES 



Have I washed my hands?

NO 

Wash hands



For H1N1 information and resources visit our website
www.ohsah.bc.ca

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