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• Be vaccinated against seasonal and H1N1 Flu

BEFORE THE RUN

• Ensure that you have your PPE readily available (respirators, medical gloves, face/eye protection, gowns or garments)

DURING THE RUN

• Assume patients with respiratory symptoms have the flu
• Don your PPE before entering the patient area
• Strictly limit the number of crew members having direct patient contact
• Put a mask on the patient
• Create or promote good ventilation

AFTER THE RUN

• Properly dispose of/clean exposed PPE
• Sanitize or wash your hands
• Properly clean/disinfect reusable medical equipment
• Decontaminate other equipment and vehicles
• Do not continue to wear contaminated clothing, and do not take any contaminated items, including uniforms, home
• Take care of your physical health (diet, rest)
• If you are exposed, report it

AND FINALLY

• Do not go to work if you are experiencing flu-like symptoms

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