



Flu Tips for Fire Fighters and Paramedics

Remember the Basics

GET VACCINATED

- 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