

Flu Prevention Guidance for Fitness Centers

H1N1 (referred to as “swine flu” early on) flu is a new influenza virus causing illness in people. This virus is spreading from person-to-person, in much the same way that regular seasonal influenza viruses spread.

Special Guidance for Fitness Centers

- Encourage infection control practices by displaying posters that remind members and staff about respiratory etiquette and hand hygiene. Posters can be found at www.hamiltoncountyhealth.org.
- Provide ample supplies for hand washing as well as tissues, disinfectants, and disposable towels for employees to clean surfaces.
- Flu virus can survive on environmental surfaces and can infect a person for up to 2-8 hours after being deposited on the surface. Commonly-touched surfaces including towels should be cleaned frequently with the normal cleaning agent.
- No additional disinfection beyond routine cleaning is recommended.
- Provide alcohol-based hand sanitizers where hand washing facilities are not available.
- Remind members to cover their coughs and sneezes with their elbow, not their hands.
- Germs on hands spread easily, remind members not to touch their eyes, nose and mouth.
- Do not allow members to share water bottles.
- Anyone – both staff and members – showing the symptoms of flu, should immediately be sent home.
- Sick individuals should stay home until fever is gone for at least 24 hours, without the use of fever-reducing medication.

Symptoms of H1N1 Flu

Symptoms of H1N1 flu are similar to the symptoms of seasonal flu:

- Fever
- Cough
- Headache and body aches
- Runny nose
- Sore throat
- Sometimes also nausea, vomiting or diarrhea.

People experiencing such symptoms should stay home until at least 24 hours after they are free of fever and avoid contact with other people.

For more information visit www.hamiltoncountyhealth.org