



Stop the Spread of Flu Viruses in Restaurants

Flu viruses can live on surfaces up to 8 hours.

Employees:

- Wash hands often with soap and warm water for 15 to 20 seconds, especially after a cough or sneeze.
- Cover nose and mouth with a tissue when coughing or sneezing. Throw it away and wash your hands.
- Cough or sneeze into upper sleeve, if no tissue is around.
- Avoid touching eyes, nose or mouth.
- Try to avoid close contact with sick people.
- Report flu-like symptoms to management.
- Ill employees should not work with exposed food, clean equipment, utensils, linens, or unwrapped single-served or single-use articles.
- Stay home if you have a flu-like illness until at least 24 hours after fever is gone, without the use of fever-reducing medications.
- Get seasonal and H1N1 vaccines when available.

More Frequently Sanitize:

- Restrooms
- Entry, exit and restroom doors
- Door-knobs
- Cash registers
- Writing utensils
- Condiment bottles
- Chair arms
- Highchairs
- Sneeze guards
- Play areas
- Utensils, plates, tableware and other multi-use item between uses
- Other surfaces that customers and employees often touch

Other Recommendations:

- Educate employees
- Make tissues available
- Post cover your cough signs
- Post hand washing signs
- Make available alcohol based hand sanitizers for customers
- Change serving utensils frequently
- Monitor self-serve areas to prevent contamination
- Wrap ready-to-eat items individually
- Disinfect service areas and food contact areas frequently
- Minimize food handling with bare hands so use prongs, tongs, deli paper or gloves instead

Symptoms:

Fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue. Some people have vomiting and diarrhea. Some do not have a fever.