



# COUNTY OF MARATHON

## HEALTH DEPARTMENT

LAKEVIEW PROFESSIONAL PLAZA  
1200 LAKE VIEW DRIVE, RM 200  
WAUSAU, WI 54403-6797

TEL/TDD: (715) 261-1900  
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[www.co.marathon.wi.us](http://www.co.marathon.wi.us)

# H1N1 and Food Service

## Vaccination

H1N1 is a different strain than seasonal flu. It is recommended that individuals be vaccinated for both. There are separate flu shots for each. Dial United Way's 2-1-1 for information regarding time and location of local vaccination clinics.

People most vulnerable include pregnant women, parents and caregivers of infants less than 6 months of age, children between 6 months and 24 years old, and people aged 25-64 with chronic disease.

## Sanitation

The H1N1 virus is transmitted from person to person or from person to contaminated surface to person. The virus can live on a surface from 2 to 8 hours. Existing standard procedures for sanitation apply.

- Remove organic material and then sanitize surface with an approved sanitizer.
- Surfaces to consider include: door handles, switches, hand railings, tables, highchairs, counters, drink and condiment dispensers, display cases, registers, play area equipment, faucet and toilet handles, towel dispensers, soap dispensers, baby changing station, trash receptacle touch points, appliance handles and knobs, telephone and computer key pads, cleaning tools, microphones and cart handles.
- Food can become a contaminated surface if it is sneezed or coughed upon, or handled by an infected person.

## Good Hygienic Practices

- Employees should continue to practice good hand hygiene and respiratory etiquette.
- Increase cleaning and disinfection frequency.
- Recommend hand sanitizers be available for customers.

## Monitor Employee Health

- **Food employees with a fever should be sent home.**
- Symptoms appear 1 to 7 days after exposure.
- A typical case of flu lasts 3 to 5 days. Encourage sick employees to stay home until at least 24 hours after they are free of fever (100 degrees) or signs of a fever without the use of fever reducing medications.

## Additional resources

- H1N1 fact sheets: [www.pandemicflu.gov](http://www.pandemicflu.gov), [www.cdc.gov](http://www.cdc.gov) or [www.co.marathon.wi.us/H1N1.asp](http://www.co.marathon.wi.us/H1N1.asp)
- National Restaurant Association Hotline: 866-848-1939
- Food Code: [www.datcp.state.wi.us/fs/regulation/food/pdf](http://www.datcp.state.wi.us/fs/regulation/food/pdf)



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# H1N1 Symptoms

## Symptoms of 2009 H1N1 flu virus include:

- Fever greater than 100° F
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headache
- Chills
- Fatigue

A significant number of people who have been infected with this virus also have reported diarrhea and vomiting. **Severe illnesses and death has occurred as a result of illness associated with this virus.**

**In children, emergency warning signs that need urgent medical attention include** fast breathing or trouble breathing, bluish or gray skin color, not drinking enough fluids, severe or persistent vomiting, not waking up or not interacting, being so irritable that the child does not want to be held, flu-like symptoms improve but then return with fever and worse cough.

**In adults, emergency warning signs that need urgent medical attention include** difficulty breathing or shortness of breath, pain or pressure in the chest or abdomen, sudden dizziness, confusion, severe or persistent vomiting, flu-like symptoms improve but then return with fever and worse cough .

Source:

2009 H1N1 Flu, Updated September 25, 2009, Centers for Disease Control and Prevention, [www.cdc.gov](http://www.cdc.gov).