

FLU AWARE

an update for faculty, staff and students

September 14, 2009

Flu Buzzwords - the new flu vernacular

Presenteeism

The opposite of absenteeism. It represents the problems faced when employees come to work in spite of illness, which can have similar negative effects on business performance. Presenteeism is strongly discouraged in light of H1N1's highly infectious nature. When you're sick, please stay home.

High-touch surfaces

High-touch equals high-risk. Routine cleanings of high-touch surfaces can help protect you at work and at home. The list of high-touch surfaces includes doorknobs, elevator buttons, phones, table/desk tops, keyboards and mice.

Self-isolation

It just means choosing the smart option if you get sick - stay away from people until you've been fever-free for 24 hours without fever-reducing meds.

Social Distancing

Social distancing reduces your chances of contracting H1N1. On a one-to-one level, these steps include standing away from people when talking and less handshaking, hugging, kissing when greeting others. More comprehensive measures include canceling meetings, closing schools/public areas and implementing distance learning for classes.



Quiz - If you see this guy you should:

- a) discourage presenteeism, even if you're his supervisor
- b) clean the surfaces he touches after this sneeze
- c) gently mention the joys of self-isolation
- d) step away ...
- e) all of the above

From the desk of:

Boyd Robinson, DDS

Associate Dean for Clinical Affairs

UF College of Dentistry

High-touch Surfaces



We're asking everyone to take measures to clean your areas, especially the high-touch surfaces, every day or more often if needed.

If you need wipes or sanitizer, please contact Richelle (3-7896 or rjaniec@dental.ufl.edu) in Clinic Administration.

STUDENTS

If you're out sick, please notify Censeri in the the Office of Education (3-5947 or cabare@dental.ufl.edu) via phone or email on a daily basis. And let her know if you need any assistance.

Q&A

Q:

If I get H1N1, should I take Tamiflu/one of the other antivirals?

A:

Tamiflu and the other anti-virals are recommended only for those who are high-risk for complications. Check with your physician if you become ill to see if you need the medication.

Q:

When will this flu season peak?

A:

Experts estimate that in the U.S. it will probably peak sometime in October or November. There's no real way to be certain.

Q:

What IS the meaning of life?

A:

First, let me assure you that you (and your bow tie) shall remain anonymous. Your question is important and, after reviewing it with the Office of Education, we decided to cancel Spring Break for the Class of 2010. Instead we've scheduled a special UF course entitled "Dentistry & The Meaning of Life" for that week. I am sure your classmates will be grateful for the extra .5 credit hour.



Have questions about H1N1? Sick leave? The meaning of life?

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