



GREATER VANCOUVER COMMUNITY SERVICES SOCIETY

HEAD OFFICE

#500 – 1212 WEST BROADWAY, VANCOUVER, BC V6H 3V1

Telephone: 604-737-4900

Email: info@gvcss.bc.ca

Facsimile: 604-737-2922

Web Site: www.gvcss.bc.ca

May 6, 2009

Attention all GVCSS employees:

RE: H1N1 VIRUS (Human Swine Influenza) Advisory

GVCSS is currently monitoring the recent outbreak of the H1N1 Virus. Although cases reported in BC have been mild so far, we are concerned for the safety of our employees and our clients.

People infected with this virus initially suffer flu-like symptoms that include:

Fever
Cough
Sore Throat

Muscle and Joint pain
Shortness of Breath
Headache

This illness may elevate to a severe respiratory illness within about five days. To prevent the spread of this and other viruses, we are asking all GVCSS employees to take the following measures:

- Wash your hands thoroughly and often with warm water and soap, especially after coughing or sneezing. This is the most effective way to stop the spread of infection.
- Carry hand sanitizer with you and use it when you cannot wash your hands (ie, after getting off the bus).
- Get enough sleep and eat plenty of fruits of vegetables.
- **Stay home from work if you are sick**, unless directed by your supervisor to seek medical care. Protect your clients and fellow workers by not bringing the virus to work.
- Call a health care provider if your symptoms become worse but call ahead to let them know you have fever or cough illness.
- Cover your nose and mouth with a tissue when you sneeze. Throw the tissue in the trash after you use it.
- When you cough, do so into your sleeve (crook of your arm)

For more information about the H1N1 Virus, please visit our “What’s New” section on the GVCSS Web site: <http://www.gvcss.bc.ca/whatsnew.cfm>