

Basically Babies H1N1 Policy

We have been advised that it is important to have a policy regarding H1N1 for Basically Babies to ensure that proper protocols and measures are in place to protect individuals and to limit the transmission of the H1N1 FLU virus.

With this in mind, we would remind that the recommendation of Alberta Health Services is to:

- Promote basic infection control practices (i.e. conduct frequent hand-washing and utilize proper sneeze/cough etiquette which means to *“cover your cough by coughing into your elbow or sleeve or use a tissue to cover your nose and mouth when coughing or sneezing. Discard the tissue”* according to Alberta Health Services);
- Avoid touching your eyes, nose or mouth;
- Conduct frequent cleaning of the office/warehouse environment , with provided disinfectant cleaning supplies, paying particular attention to “high-touch” surfaces;
- Stay home when symptoms of H1N1 flu appear until you are symptom free and feeling well;
 - Symptoms may include:
 - Sudden onset of respiratory symptoms with a new cough and fever (not always present)
 - Sore throat
 - Headaches
 - Muscle aches
 - Joint pains
 - Weakness/Fatigue
 - Gastrointestinal symptoms (such as nausea, vomiting or diarrhea)
- If, after other symptoms disappear, the cough persists, it is advisable to wear a mask when in contact with others. These can be purchased at any drugstore.

While we value the amazing work that you do with Basically Babies both in and out of the office environment, we are making efforts to provide a safe and healthy environment for all staff, volunteers and visitors to our office/warehouse. We thank-you in advance for your continued cooperation in this important matter and invite you to visit www.albertahealthservices.ca for any additional information you may require.