

my Yard Sale | Facebook | Twitter | Tips

Search Site Web Submit

Watch it Live FOX 35 News

CLICK HERE Community Web Links Contests Free Dating Friday Salute Blogs Experts Cool Schools MyFox Pets

NEWS WEATHER TRAFFIC SPORTS MONEY HEALTH ENTERTAINMENT MORNINGS JOB SHOP ABOUT US

DATING JOBS AUTO EXPERTS

Home : Health : Swine Flu :

Video Photo

Protect yourself from swine flu at work

Updated: Wednesday, 07 Oct 2009, 12:05 AM EDT
Published : Tuesday, 06 Oct 2009, 11:44 PM EDT

KEITH LANDRY | FOX 35 News

ORLANDO, Fla. (WOFL FOX 35) - Surveys show many American businesses are not ready for the spike in swine flu cases that are expected in the coming months. There are things you can do at work to reduce the risk of you getting sick from a co-worker.

Karla Osorio works at U.S. Health Works, a health clinic in Orange County. She comes in contact with patients and co-workers all day long, and she does all she can to keep her work station clean. "I have small children, so I'm always thinking about it and just trying to be as cautious as I can," she says.

Dr. William Newsome says if you sanitize your work station and cover your coughs, you're in luck because the H1N1 or Swine flu virus is not transmitted by casual contact. "It's those immediate close contacts where you have the greatest risk of it spreading."

Dr. Newsome adds that even if someone leaves the virus on your keyboard or phone and goes home for the night, it should be dead by the next day. The swine flu virus survives only 24 hours on hard surface outside the body and less than one hour on a soft surface.

"This is an educated guess of course is that its 15 to 30 minutes it can survive," says Dr. Newsome. "It's a short-lived virus and it doesn't live in the environment. It lives in people."

Newsome says some respiratory viruses contain small particles that hang in the air, and then you breathe them in and get sick. However, the swine flu virus is made up of heavier particles that don't hang in the air. These are large respiratory droplets that don't remain suspended in the air, but they can land on a desk top, on a counter top.

Dr. Newsome says legally you don't have to tell your boss or coworkers if you have swine flu, but he thinks you should. "I think it's a courteous thing to let your coworkers know, 'Hey, I have flu like symptoms,' so that they can be alert to themselves and how they feel."

You can get more information about the swine flu virus at work or plans for businesses to deal with it at www.flu.gov.

EmailThis SHARE

Print this story View Story on a Single Page

New on the web

- Nowak's attorneys get to depose accuser
- No decision on Tebow's return
- Detectives investigating death
- SeaWorld Orlando sold to Blackstone
- Greening your Halloween

More news »

Photogalleries

- Lingerie Football League
- Waldorf Astoria opens in Orlando
- Ruben Studdard visits FOX 35!

More pics »

Hot on the Web

- Orlando and Central Florida News, Weather, Traffic
- SeaWorld sold!
- Deal of the Day for October 7, 2009
- New discovery in Casey Anthony case
- Volusia teen dies from swine flu
- Detectives investigating death of 20-year-old
- Haleigh Cummings father filing for divorce
- Attorney disputes evidence in Anthony case
- Halloween Happenings
- Nowak's attorneys get to depose accuser

Click to Get FEEDJIT

Recommended Stories

Selected for you by a sponsor:

- **Boost Your Ability to Fight the Flu** (Bottom Line Secrets)

You might also like:

- **Swine Flu: Does Hand-Washing Work?**
- **The Swine Flu (H1N1): A Brief Overview** (MyFox Detroit)
- **Man claims sexual relationship with Misty Cummings**
- **Deputies: Man found with explosives**
- **SeaWorld sold?**
- **Huge rattlesnake found in St. Augustine**
- **New discovery in Casey Anthony case**

Suggested Search

swine flu - disease control - pregnant women - volusia county health department - doctor tim hendrix

powered by Collarity

Orlando Weather

Orlando Radar Hour by Hour 7 Day Forecast

Disney Forecast Hurricane Guide Tropics Page

[News](#) | [Weather](#) | [Traffic](#) | [Sports](#) | [Money](#) | [Health](#) | [Entertainment](#) | [Mornings](#) | [Job Shop](#) | [About Us](#) | [Our Programs](#)

[Terms of Service](#) | [Privacy Policy](#) | [Advertise with Us](#) | [News Corp](#) | [TV Ratings](#)

Many pages in this Fox Television Stations, Inc. web site feature links to other sites, some of which are operated by companies unrelated to Fox Television Stations, Inc. Fox Television Stations, Inc. has no control over the content or availability of any linked site. TM and (c) 2009 Fox Television Stations, Inc., and its related entities. All rights reserved. Any reproduction, duplication, or distribution in any form is expressly prohibited.