INFLUENZA PRECAUTIONS for IN-SERVICE ATTENDEES

Presently there are indications that Connecticut residents will be subjected to a large scale occurrence of influenza-like illnesses over the next several months. The POSTC staff asks for your cooperation to help minimize the effects of this type of illness at the Police Academy. Flu symptoms can include: fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue, sometimes diarrhea and vomiting.

Recommendations include:

1. Cough into a handkerchief or facial tissue only. In the absence of these items, cough into the crook of your elbow, not on your hands.
2. Wash your hands with soap and hot water thoroughly and frequently.
3. Use the wall-mounted hand sanitizers located throughout the Academy often.
4. If you desire, clean your desk area with the germicidal wipes placed in each classroom. Please note that these should be used only on hard surfaces, not as a hand cleaner.
5. If you start to develop any influenza-like symptoms, please excuse yourself from the class and go home to get proper rest and speed your recovery. Your department and the Academy will understand. You should not return to the Academy until you experience a 24 hour period completely free from all symptoms.

THANK YOU FOR YOUR COOPERATION