

H1N1 Prevention Video for State Employees Script

Audio	Video	Length	Comments
As Oklahomans, we all want to prevent the spread of influenza; especially the 2009 H1N1 virus also known as Swine Flu. In this short video we will give you some key tips to keep you and your family safe. First though, here's a situation I'm sure none of us want to be in!	Speaker	:18	
5th Guy Ad	5 th Guy Ad	:60	
This flu season is different. The 2009 H1N1 is already circulating in our state and we expect seasonal flu will appear as it usually does. While these precautions are important during any flu season, you should begin now to take these steps and expect to continue at least until the spring.			
By following a few simple commonsense tips, you can do your part to prevent the spread of influenza – and at the same time maybe stay healthy this flu season!	Speaker	:09	
Don't spread the flu! If you are sick with flu-like illness, stay home. Symptoms of flu include fever above 100 degrees or chills <u>and</u> cough or sore throat. In addition, symptoms of flu can include runny nose, body aches, headache, tiredness, diarrhea, or vomiting. If you are ill with these symptoms, please stay home until at least 24 hours after you are free of fever without the use of fever-reducing medicines.		:27	
Wash your hands frequently with soap and water for 20 seconds or with a hand sanitizer if soap and water are not available. Wash your hands or use a hand sanitizer after coughing, sneezing, or blowing your nose.	Washing hands video	:15	
Avoid touching your nose, mouth and eyes.	Speaker	:04	
Cover your coughs and sneezes with a tissue, or cough and sneeze into your upper sleeve. Dispose of tissues immediately.	Photo	:08	
Avoid close contact with coworkers and customers. As much as possible, avoid shaking hands and always wash your hands after physical contact with others.		:11	
Keep frequently touched common surfaces such as telephones and computer keyboards clean. Try not to use other workers' phones, desks, offices, or other work tools and equipment.		:11	
Minimize group meetings; use e-mails, phones and text messaging. If meetings are unavoidable, avoid close contact with others and choose a meeting room that is properly ventilated.		:12	
Limit unnecessary visitors to the workplace.		:03	
Get vaccinated against seasonal flu, when vaccine is available in your area. If you are at higher risk for 2009 H1N1 flu complications you should receive the H1N1 flu vaccine when it becomes available. People at higher risk for complications from this new flu include pregnant women and people with chronic medical conditions, such as asthma, heart disease, or diabetes.		:25	

<p>You can help by remaining informed, consulting your health care provider if you become ill, and following the advice you receive on ways to protect your community.</p>		:09	
<p>If you have further questions, visit the Oklahoma State Department of Health website at Health.ok.gov for more information.</p>	<p>website address Graphic, agency logo</p>	:09	
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