

Influenza Information & Prevention

At the San Diego Convention Center the safety and well-being of our guests, employees and clients is of paramount importance. The H1N1 virus, also known as Swine Flu, has been identified as a serious public health threat by Federal, State and local health officials. In response, the Convention Center has taken several precautionary measures, based upon the recommendation of the Center for Disease Control (CDC), to minimize the chance of exposure and transmission within our facility. Additionally, the Convention Center has established protocols to ensure an appropriate and timely response in the event of an emerging pandemic flu emergency.

We also urge attendees and guests who visit our building to take simple, effective precautionary steps recommended by public health officials and the CDC to ensure their own health and safety when traveling.

Public Health Protocols

The San Diego Convention Center follows the advice and directives of government public health authorities, including the CDC, with respect to H1N1. Information and guidelines are continually monitored. In the event of a breakout, information is shared with employees, contractors, vendors, clients and community members and necessary actions are taken to minimize risk and exposure.

An H1N1 emergency preparedness team is currently in place at the Convention Center and a plan is in place should an extreme pandemic condition occur in San Diego County. The emergency preparedness team's goal is the protection and safety of everyone at the Convention Center.

The following steps have been taken at the Convention Center in order to assist in preventing the transmission of the H1N1 virus:

- **Building Sanitation:** The Convention Center has taken additional steps to ensure the building is properly sanitized. Besides supplying all restrooms with hand soap, hand washing instructions are posted and sanitary wipes or gel is supplied in public areas. All public handrails and common surfaces such as door knobs, push bars and house phones are properly sanitized on a frequent basis.
- **Personal Protective Equipment:** While administrative and proper work practice controls are considered more effective in minimizing exposure to the influenza virus, the use of personal protective equipment by employees may be necessary during certain times including the use of gloves, goggles, face shields and surgical masks.
- **Employee Awareness Efforts:** Employees are encouraged to get annual influenza vaccinations and to take proper precautions to avoid the spread of the flu such as washing their hands frequently with soap and water and staying home from work if they display flu like symptoms. Employees displaying or reporting any influenza symptoms will be required to take a leave of absence for seven days or until they have not experienced any further influenza symptoms for 24 hours.

According to the CDC, individuals should take the following 3 action steps to protect against the flu:

#1 Take Time to Get Vaccinated

- The CDC recommends a yearly seasonal flu vaccine as the first and most important step in protecting against seasonal flu.
- Vaccination is especially important for people at high risk of serious flu complications including young children, pregnant women, people with chronic health conditions and people 65 years or older.
- A new vaccine against H1N1 is being produced as an option for prevention of the H1N1 infection.

#2 Take Everyday Preventative Actions

- Wash your hands frequently with soap and water, especially after you cough or sneeze. Alcohol-based cleaners are also effective.
- Cover your nose and mouth with a tissue when you cough or sneeze.
- If you are sick with a flu-like illness, the CDC recommends you stay home for at least 24 hours after your fever is gone except to get medical care or other necessities.

#3 Take Flu Antiviral Drugs if Recommended

- If you get the seasonal or novel H1N1 flu, antiviral drugs can treat the flu.
- Antiviral drugs are different from antibiotics and can make your illness milder and make you feel better faster.
- For treatment, antiviral drugs work best if started within the first two days of symptoms.

For the most current information on the status of the H1N1 virus in San Diego and throughout the country, please use these information links:

- Center for Disease Control, <http://www.cdc.gov/swineflu/>
- World Health Organization, <http://www.who.int/csr/disease/swineflu/en/index.html>
- U.S. Department of Health & Human Services, <http://www.flu.gov/individualfamily/about/h1n1/>
- County of San Diego, <http://www.sdcountry.ca.gov/Portal/News/swineflu.html>

For more information please e-mail publicaffairs@visitsandiego.com.