




Long Island Rail Road

Corporate Safety Notice

DATE: November 3, 2011

TO: ALL LIRR EMPLOYEES

FROM: Paul Manske, Sr. Director – Occupational & Environmental Safety 

SUBJECT: PREPARING FOR THE 2011 INFLUENZA SEASON

With the colder temperatures, we are all looking forward to the holidays. Let's make the most of them by keeping ourselves and our families healthy. The holiday season occurs at the same time that colds and influenza (flu) reach their peak. The following information is provided to help you fight off the flu.

The symptoms of seasonal flu include; fever, chills, muscle aches, cough, headaches, runny nose, sore throat, and sometimes diarrhea, nausea and vomiting. Seek immediate medical attention if you have difficulty breathing, chest pain, confusion, dizziness, severe vomiting, high fever, or a cough that is worsening. The U.S. Center for Disease Control (CDC) recommends that people with influenza remain at home until at least 24 hours after they are free of fever.

The flu virus is spread from person to person, either through direct contact with a sick person, or by coughs and sneezes. To decrease your chances of "catching the flu" the following Recommended Practices should be followed;

- Get vaccinated for influenza – the LIRR Medical Service is currently providing influenza vaccinations free-of-charge to all employees.
- Wash your hands frequently with soap and warm water.
- If water is not convenient, use hand sanitizers that contain at least 60% alcohol.
- To the extent possible, avoid close contact with people who are infected.
- Cover your Cough – cough or sneeze into a tissue or your sleeve to help keep others healthy.
- If you are sick, stay home; get rest and get healthy. Be considerate and do not bring your illness to your co-workers.
- Clean shared work surfaces (i.e. phone receivers, the computer mouse, P.A. microphones), with surface disinfectants.

Together we can keep the LIRR a healthier place for everyone. For more information, go to the LIRR's Seasonal Influenza Web-Page at;

<http://www.lirr.org/SafetyTraining/Safety/OccupationalSafety/InfluenzaSeason/>

THINK SAFETY/ACT SAFELY



Long Island Rail Road

Seasonal & H1N1 Flu Vaccination Program

A SINGLE VACCINATION WILL COVER THE SEASONAL & H1N1 FLU

**Free Flu Vaccinations For LIRR Employees
While Supplies Last**

No Appointment Necessary!

Mineola

LIRR Medical Facility
300 Old Country Road, Suite GL-71
Oct. 24-Dec. 23, 2011
Mon.-Fri. 8:30 A.M.-3:30 P.M.

Hillside Maintenance Facility

Classroom #16
Friday, Nov. 4, 2011
9:00 A.M.-4:00 P.M.

Jamaica

5th Floor Conference Room
Thursday, Nov. 10, 2011
9:00 A.M.-4:00 P.M.

- **Please wear short-sleeved clothing.**
- **If you have a cold and/or are pregnant, you will not receive a flu shot.**
- **Employees Only.**