



## Flu Preparedness

Like most of you, our Company has been monitoring the H1N1 flu as well as events and recommendations surrounding it, both global and local.

With fall upon us in North America, we must be mindful that the H1N1 flu is coinciding with the Seasonal flu. Therefore, we expect heightened risk that associates and their families may come in contact with both types of flu. With respect to both strains, we continue to support the current guidance to:

- Follow good hygiene practices and common sense to help minimize the spread of these flu viruses, including washing and sanitizing hands often, covering your mouth when coughing or sneezing, and keeping appropriate distance from anyone who appears to be ill. For guidance and more information on precautionary measures, visit the sites of the Centers for Disease Control and Prevention (CDC) site: <http://www.cdc.gov/h1n1flu/> or the World Health Organization (WHO): <http://www.who.int/>.
- Visit your health care provider immediately if you are experiencing flu-like symptoms and refrain from coming to work until medically advised that it is safe to return.
- Stress the routine of proper hygiene care with your children to help them avoid getting sick. In the event your child experiences flu-like symptoms, it is recommended to keep them home from school or daycare and seek medical care. Also, follow your school's guidelines/policies for the period of time that your child should remain home.
- Take the opportunity to get the Seasonal flu vaccine through your health care provider. In the U.S., the Seasonal flu shot is covered under the Anthem BCBS health plan, as well as AvMed and BC-CA (when in network). We also expect to offer the Seasonal flu vaccine at many of our major U.S. Nielsen locations in October and will be announcing that schedule shortly.

An H1N1 vaccine is under development and expected to be globally available in October to prioritized groups. Visit [www.cdc.gov/h1n1flu/vaccination/acip.htm](http://www.cdc.gov/h1n1flu/vaccination/acip.htm) or [www.who.int/csr/disease/swineflu/notes/h1n1\\_vaccine\\_20090713/en/](http://www.who.int/csr/disease/swineflu/notes/h1n1_vaccine_20090713/en/) for more information.

We will continue to monitor all the countries in which Nielsen operates and work with all our resources, global and local, to ensure we can provide the best possible information to you. We have also organized a worldwide team to make certain we are sharing the latest information and practices, and that each of our regions has plans on how to deal with any flu outbreak in the workplace and to best inform and help our associates and clients.

Additional updates will be provided as events warrant, but for now, if you have any questions or concerns, direct them to your manager or local HR representative.