

**Dear Sysco North Dakota Associates,**

Please read the following update from our corporate office.

### **Swine Flu Update**

Over the weekend, the White House held a press conference with the Department of Homeland Security (DHS) and the Centers for Disease Control (CDC) and a public health emergency was announced.

With the potential for a flu epidemic, I want to make sure all of our Sysco leaders are ready for any scenario this flu may bring. This is vital to our customers' success and our competitive advantage.

### **Let's Be Prepared**

We need to prepare for this just as we would prepare for a potential hurricane. With a hurricane, it may be coming or it may not. It may be a category 1 or category 5. We have to be prepared for all scenarios. ***At present there is no human pandemic, but being prepared is critical.***

### **What should I do to keep from getting the flu?**

First and most important: wash your hands. Try to stay in good general health. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food. Try not to touch surfaces that may be contaminated with the flu virus. Avoid close contact with people who are sick.

### **Clean your hands often!**

#### **What is the best technique for washing my hands to avoid getting the flu?**

Washing your hands often will help protect you from germs. Wash with soap and water. or clean with alcohol-based hand cleaner. We recommend that when you wash your hands -- with soap and warm water -- that you wash for 15 to 20 seconds. When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used. If using gel, rub your hands until the gel is dry. The gel doesn't need water to work; the alcohol in it kills the germs on your hands.

Content source: [Centers for Disease Control and Prevention](#)

### **Let's Get Our Facts Straight**

1. The most current misinformation that we need to correct is the perception that you can get swine flu from eating pork. This is false. According to the Centers for Disease Control (CDC) and Prevention and the U.S. Department of Homeland Security (DHS):

- People cannot get the hybrid influenza from eating pork or pork products. Most influenza viruses, including the swine flu virus, are not spread by food. Eating properly handled and cooked pork products is safe.
  - There are no food safety issues related to the hybrid flu that has been identified, according to DHS Secretary Janet Napolitano.
  - Preliminary investigations have determined that none of the people infected with the hybrid flu had contact with hogs.
  - The hybrid virus never has been identified in hogs in the United States or anywhere in the world.
  - The hybrid virus is contagious and is spreading by human-to-human transmission.
2. Swine flu frequently asked questions, courtesy of the World Health Organization (WHO), are attached to this email.
  3. Additional information can be found at [www.cdc.gov/swineflu](http://www.cdc.gov/swineflu).
  4. It is important that we use the CDC, WHO and our local city and county health departments for information. Do not rely on local news reports.

If you have additional questions about this issue, please call me at 701.280.6430.

Thank you,

Karla Richards  
Director, Human Resources