

NOVEMBER Flu Prevention

Influenza, more commonly referred to as the flu, is an acute respiratory disease. The flu is spread through direct contact with contaminated surfaces, such as eating utensils and unwashed hands. In the workplace, it is extremely important that every employee washes their hands and cleans their workspaces to ensure that they do not catch or spread the flu.

Flu Prevention Tips at Work



Get a seasonal flu shot



Sneeze and cough into your upper sleeve if you don't have a tissue



Wash your hands with soap and water frequently



Stay at home when you are sick



Use sanitizers to clean your workspace



Clean and disinfect common work surfaces

Common Symptoms of the Flu

- Fever
- Cough
- Chills
- Runny nose
- Sore throat
- Fatigue
- Muscle aches
- Children under the age of five often experience vomiting and diarrhea

If you have the flu...

- Limit your contact with people as much as possible
- Do not share anything that goes in your mouth
- Contact your health care provider for medical attention

If you live with someone who has the flu...

- Limit your contact with the ill person as much as possible
- Do not give aspirin or products that contain aspirin to children
- Contact your health care provider for medical attention

