

REDUCING FLU IN THE WORKPLACE

On average, 8% of people in the United States contract the flu each year. The peak of the flu season occurs during the months of January and February with the average flu-related absence being one work week.

In order to prevent illness exposure incidents in the workplace, the following universal precautions should be taken:

1. Wash hands frequently with soap and water. Hand washing is the most effective way to prevent the spread of germs & illnesses.
2. Avoid hand-to-face contact. Hand-to-face transmission is the number one way in which the flu is spread.
3. Remember to cover your nose and mouth with a tissue when coughing or sneezing and immediately dispose of the tissue, then wash your hands❖. Or cough/sneeze into sleeve if no tissue available.
4. Clean desktops, keyboards, doorknobs, and other work surfaces regularly.
5. Use Environmental Protection Agency (EPA) –registered cleaning products. Carefully read the cleaning product labels to insure that they will effectively kill influenza and cold viruses.
6. The CDC recommends that employees should stay home when sick, especially if symptoms include a high fever, and then stay home at least 24 hours after the fever is gone.



Universal Precautions, when practiced regularly, are a method of infection control and can greatly reduce the spread of illness in the workplace. A workplace that is healthy leads to greater motivation and productivity, with fewer absences.

- ❖ Proper hand washing includes: **Wetting** your hands with clean, running water (warm or cold). **Lather** your hands by rubbing them together with soap. **Scrub** your hands for at least 20 seconds. **Rinse and Dry**.

Get Your Flu Shots Annually!

The CDC has several resources with additional information to keep you safe:

<https://www.cdc.gov/flu/resource-center/freeresources/print/index.htm>