

The Flu and Your Workplace



1 Have a plan

1 in 4 people may get sick with the Flu this year, so plan accordingly.

Stay home if you're sick and keep sick kids home too. You or your child should stay home until fever free (at least 24 hours without use of fever reducing medications) and have a plan to be home possibly up to 7-10 days.

Talk with your employer now about company policies. Good chance others in your workplace have questions too.

2 Hygiene counts

Washing your hands frequently and using hand sanitizer really works.

Flu virus can live on surfaces such as phones and keyboards from 2-8 hours.

Covering your cough/sneeze with your elbow or disposable tissue and keeping your hands away from your face can cut down on the spread of germs.

3 Consider getting vaccinated

Vaccine works best to stop the spread of Flu because when everyone gets vaccinated, germs have no where to go.

Vaccination protects you and anyone around you at high risk for Flu complications (pregnant women, those with asthma, diabetes, respiratory and heart conditions).

Did you know you can spread illness even when you don't feel sick?

Together, we can STOP the spread!

For more information or vaccine locations, please call the Flu Hotline at 1-866-763-7252

