

FLU

PREVENTION

AT

WORK



Get immunized.



Cover your coughs and sneezes with a tissue, or into your upper sleeve.



Stay at home if you are sick.



Try not to use a coworker's phone desk, office, computer, or other work equipment.



Wash your hands frequently with soap and water for 20 seconds.



Keep frequently touched common surfaces (telephones, computer equipment) clean.



Eat a healthy diet. Get plenty of rest, exercise, and relaxation.



Avoid shaking hands or coming in close contact with coworkers who may be ill.



SOURCE

CDC (2018). Seasonal Influenza (Flu) in the Workplace - NIOSH Activities - NIOSH Workplace Safety and Health Topic. OSHA. Worker Guidance Precautions for All Workers during Flu Season