



> It's Flu Season!

8 Ways You Can Stay Healthy at Work

LIFESTYLE | Maintain a healthy lifestyle through rest, diet, exercise, and relaxation.

HAND WASHING | Wash your hands frequently with soap and water for 20 seconds or use an alcohol-based hand cleaner if soap and water are not available. Keep hand sanitizer at your station for use in between clients.

AVOID TOUCHING | Avoid touching your nose, mouth, and eyes. Germs spread this way.


COVER YOUR COUGH | Cover your coughs and sneezes with a tissue, or cough and sneeze into your elbow. Dispose of tissues in no-touch trash bins.

CLEAN SURFACES | Keep frequently touched common surfaces clean, such as stations, chairs, handles, telephones, etc.

DISINFECT EQUIPMENT | Do not use someone else's blow dryer, flat iron, or other equipment. If you need to use a co-worker's equipment - clean it first with an appropriate disinfecting spray or wipe.

STAY HOME | Don't spread the flu! If you are sick with flu-like symptoms, stay home. Symptoms of flu include fever or chills and cough or sore throat. Symptoms of flu can also include runny nose, body aches, headache, tiredness, diarrhea, or vomiting. CDC recommends that sick workers stay home if they are sick with flu-like illness until at least 24 hours after they are free of fever without the use of fever-reducing medicines.

GET VACCINATED | Get vaccinated against seasonal flu, when vaccine is available in your area. If you are at higher risk for 2009 H1N1 flu complications you should receive the 2009 H1N1 flu vaccine when it becomes available. People at higher risk for 2009 H1N1 flu complications include pregnant women and people with chronic medical conditions (such as asthma, heart disease, or diabetes). For more information about priority groups for vaccination, visit www.flu.gov.



Source: CDC "Preparing for the Flu (Including 2009 H1N1 Flu)"

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