

Preventing the Spread of the Flu

Content Provided By County Risk Management Team



You may have heard, the U. S. has **confirmed** a case of the **Novel Coronavirus**. While the Coronavirus is still very limited in the US, we are at a heightened risk for the Seasonal Flu virus. We should take this opportunity to prevent the Seasonal Flu in the workplace by the following:

1. Get the Seasonal Flu vaccine! The number one way to prevent getting the flu is still to get the vaccine.
2. Stay at home if you are sick!!!
3. Perform hand hygiene: Wash your hands frequently with soap and water or alcohol hand rubs.
4. Avoid touching your nose or mouth. Your hands are more likely to touch other surfaces where the germs reside or may come in contact with.
5. Cover your cough-use tissue when available or remember to cough in the bend of your arm or even
6. Clean your hands after coughing or sneezing.
7. Keep frequently touched surfaces clean. Especially in shared workspaces. i.e. phones, keyboards, mouse devices, touch screens
8. Avoid shaking hands and close contact with those who may be ill.

CDC Novel Coronavirus Updates

<https://www.cdc.gov/coronavirus/2019-nCoV/summary.html>

OSHA Workplace Tips

https://www.osha.gov/dts/guidance/flu/protectyourself_nonhealthcare.html

