

# SAFETY AWARENESS

Brief Topic Safety Refresher Training For Associates

2024

## Preparing for Cold & Flu Season

One in 10 people in the United States will get the flu in each season, according to estimates from the [Centers for Disease Control and Prevention](#) (CDC). And while viruses can live year-round, flu activity tends to rise in October and then peak between December and February. With COVID-19 a factor this year, it's even more important to take precautions to prevent the flu from spreading.

### Here are ways to keep safe:

1. **Stay home if you're sick.** The CDC recommends that individuals who have a fever and respiratory symptoms **stay at home until 24 hours after their fever ends** (100 degrees Fahrenheit or lower) without the use of medication. Not everyone who has the flu will have a fever. Other symptoms can include a runny nose, body aches, headache, fatigue, diarrhea or vomiting.
2. **Wash hands frequently with soap and water for 20 seconds.** When using soap and water, rub soapy hands together for at least 20 seconds, rinse with water and dry completely. If soap and water are not available, use an alcohol-based hand rub until you can wash your hands.
3. **Continue practicing social distancing.** Staying at least 6 feet apart from co-workers, whenever possible, can help prevent the spread of the flu.
4. **Cover coughs and sneezes with a tissue or upper sleeve.** Tissues should go into a "no-touch" wastebasket. Wash your hands after coughing, sneezing or blowing your nose. Avoid touching your face.
5. **Keep frequently touched surfaces clean.** Commonly used surfaces such as counters, door handles, phones, computer keyboards and touchpads should be cleaned after each use.
6. **Limit shared equipment, or clean equipment before others use it.** Avoid using a co-worker's phone, desk, office, computer or other equipment unless they are cleaned with a disinfectant approved by the Environmental Protection Agency.
7. **Follow workplace protocols.** Make sure you understand your workplace's policy regarding how to stay healthy at work during flu season.
8. **Wear a face covering.** These can help limit the flu's spread.
9. **Consider alternate work arrangements.** If you're concerned about your health, talk to your manager about alternate work arrangements, such as telework or staggered shifts to protect yourself or co-workers considered high risk for seasonal flu (such as older workers, pregnant women and workers with asthma).



