

Reduce the Risk of Seasonal Flu:

Vaccinate, Prevent and Treat

In 2009-2010, H1N1 became the first flu pandemic in more than four decades and touched nearly every corner of the world. H1N1 proved to be unpredictable, spread rapidly from person to person, and posed a huge risk to every organization. Have you considered how another full blown flu pandemic would affect your organization?

The Centers for Disease Control and Prevention (CDC) recommend “Take 3” actions to fight the flu.

“Take 3”

- 1) Take time to get a flu vaccine**
- 2) Take everyday preventive actions to stop the spread of germs**
- 3) Take flu antiviral drugs if your doctor prescribes them**



Flu Symptoms

Fever	Sore Throat
Headache	Runny/Stuffy Nose
Cough	Muscle Aches
Sore Throat	Upset Stomach

Prevention Tips Every Employer Can Take

- If an employee is sick, send them home
- Develop a sick leave policy and encourage sick employees to take time off
- Create a culture which encourages personal hygiene. Provide hand sanitizers, disinfectants, disposable towel and other cleaning supplies for employees to clean work surfaces
- Provide up to date information on current risk factors and protective measures
- Promote a healthy lifestyle. Implement Wellness programs which focus on good nutrition, physical activity, adequate levels of sleep, and stress management.