



# Live Well, Work Well

Health and wellness tips for your work, home and life—brought to you by the insurance professionals at Insure NW



## Staying Safe During Flu Season

One in 10 people in the United States will get the flu in a given 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 10 ways to keep safe:

1. **Get vaccinated if you can.** Vaccination is the most important way to [prevent the spread of the flu](#). It takes about two weeks for flu antibodies to develop, so the time to get a shot is before peak flu season.
2. **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.
3. **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.
4. **Continue practicing social distancing.** Staying at least 6 feet apart from co-workers, whenever possible, can help prevent the spread of the flu.
5. **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.
6. **Keep frequently touched surfaces clean.** Commonly used surfaces such as counters, door handles, phones, computer keyboards and touchpads should be cleaned after each use.
7. **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.



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8. **Follow workplace protocols.** Make sure you understand your workplace's policy regarding how to stay healthy at work during flu season.
9. **Wear a face covering.** These can help limit the flu's spread.
10. **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).

Learn more about [workplace safety and the flu on OSHA's website](#). You can find additional resources and learn more about OSHA's response to the coronavirus at [osha.gov/coronavirus](https://www.osha.gov/coronavirus).

If you have questions or concerns about workplace safety, [contact OSHA online](#) or by phone at 1-800-321-6742 (OSHA).

*Source: Adapted from the U.S. Department of Labor Blog.*