

ENVIRONMENTAL HEALTH AND SAFETY

SAFETY BRIEF



COLD AND FLU SEASON

Cold and flu season peaks between December and February. These diseases are caused by contagious viral infections that primarily affect the respiratory tract.

COLD SYMPTOMS

- Sneezing
- Congestion
- Sore throat
- Watery eyes

FLU SYMPTOMS

- Includes symptoms of a cold
- Fever
- Muscle aches
- Fatigue
- Weakness

GREATEST RISK FOR COLD OR FLU

- Youth
- Senior citizens
- Immunocompromised

TIPS FOR A HEALTHY WORKPLACE:



GET A FLU VACCINE
EVERY YEAR



WASH HANDS
FREQUENTLY FOR
AT LEAST
20 SECONDS



STAY AT HOME IF
YOU ARE SICK



DO NOT SHARE
CUPS OR EATING
UTENSILS



COVER COUGHS
WITH A TISSUE
(NOT YOUR HANDS)



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