



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)

