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
- COVER COUGHS WITH A TISSUE (NOT YOUR HANDS)
- DO NOT SHARE CUPS OR EATING UTENSILS