

## COLD AND FLU SEASON

**I**f it hasn't hit already, we know it will be here soon: Cold and flu season.

Cold and flu viruses can be spread easily from person to person. According to the Public Health Agency of Canada, hands spread approximately 80% of common infectious diseases.

Hand washing is one of the most effective ways to prevent the spread of many types of infection and illnesses both in the workplace and in the home.

Wash your hands frequently!

Remember to always cough and sneeze into your elbow. Use hand sanitizer when you are not near a handwashing facility. Wash your hands as soon as you get near a sink with hot running water.



Should you come to work if you have the flu or a cold? There are many reasons why you should not:

You may feel you are letting your co-workers down by not coming to work but just the opposite could be true: you could be giving them the virus, and they could get sick, or take it home to their families. Cold and flu viruses spread very easily.

If you come to work while sick, it may take you longer to get better (all the while, spreading those germs).

We don't perform our best when we're sick.

If you're taking over the counter medications, you shouldn't be operating any equipment or machinery that is safety sensitive.

Everyone should get a flu shot.

The flu shot is your best defense against the flu. It can save lives by:

- Protecting you, if you are exposed to the virus.
- Preventing you from getting very sick.
- Protecting people close to you because you are less likely to spread the virus.

### EMPLOYEE HAND WASHING

*USE SOAP AND RUNNING WATER*

*RUB YOUR HANDS AND ARMS  
VIGOROUSLY FOR 20 SECONDS*

*WASH ALL SURFACES INCLUDING:  
BACK OF HANDS, WRISTS, BETWEEN  
FINGERS, UNDER FINGERNALS WITH  
A FINGERNAIL BRUSH*

*RINSE YOUR HANDS WELL.  
DRY YOUR HANDS  
WITH A PAPER TOWEL*

