

Preventing Flu at Work

Each year, flu affects as many as 1 of 5 people in the U.S. Flu at work can lead to more missed days, less productivity, and higher medical and insurance-related costs. The best way to prevent flu is to get the flu vaccine. Studies show that working adults who are vaccinated have less days of flu-like illness, doctor visits, and sick days.

1. What are the signs and symptoms of the flu?

The symptoms of flu can include sudden:

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Headache
- Body or muscle aches
- Chills
- Feeling weak or tired

2. How does flu spread?

Flu usually spreads from person-to-person through droplets from a sick person's cough or sneeze. It can also spread by touching a surface or an object that has flu virus on it (such as a doorknob or computer keyboard), and then touching your eyes, nose, or mouth.

3. What can employers do to prevent flu at work?

- Ask employees to get vaccinated.
 - Promote flu vaccines through staff meetings, employee newsletters, the intranet, email notices, paystub reminders, or a contest.
- Make it easy for staff to get vaccinated.
 - Work with a vendor to schedule an onsite flu clinic.
 - Give employees time off to get vaccinated.
- Ensure employees have access to tissues, no-touch trash cans, hand soap, hand sanitizer, disinfectants and disposable towels to clean work surfaces.
- Support policies that allow employees to see a doctor or stay home from work when they have flu.

4. How can you stay healthy and prevent flu at work?

- **Get vaccinated!**
 - Know your health plan benefits—many insurers cover flu vaccination with no co-pays or out-of-pocket costs.
 - Know the facts—a flu shot is safe and cannot give you the flu.
- **Practice healthy behaviors.**
 - Cover coughs and sneezes.
 - Wash hands often with soap and water or use hand sanitizer.
- **Know flu symptoms and stay home when you're sick.**



Find Flu Resources:

LA County Department of Public Health

Influenza Vaccination Recommendations and Materials:
www.ph.lacounty.gov/ip

Influenza Health Education Materials:
www.ph.lacounty.gov/acd/HealthEd/Flu.htm

California Department of Public Health

<https://www.cdph.ca.gov/Programs/CI/D/DCDC/Pages/Immunization/Influenza.aspx>

Centers for Disease Control and Prevention

Flu Resources:
www.cdc.gov/flu/freeresources/index.htm

Flu Resources for Businesses:
www.cdc.gov/flu/business