

Job Name \_\_\_\_\_ Job # \_\_\_\_\_ Date 1/31/19



### **Toolbox Talk: PREVENTING FLU IN THE WORKPLACE**

The flu is an unpredictable illness that can vary in severity from year to year. It causes countless lost workdays and numerous hospitalizations every year. However there are some measures that you can take to protect yourself from contracting the flu.

The first thing that you should do is to get a flu vaccine and get it early. All employers should encourage their employees to do the same as well. Often times the vaccinations run in short supply and become unavailable later in the flu season. Flu vaccines cause antibodies to develop in your body about two weeks after receiving it. These antibodies provide you protection against infection with the viruses that are in the vaccine.

There are a couple vaccines that you should be familiar with. They include a seasonal flu vaccine that protects against the influenza viruses that research indicates will be most common during the upcoming season and the traditional flu vaccines. The traditional flu vaccine is called a trivalent vaccine. It protects you against three flu viruses; an influenza A (H1N1) virus, influenza A (H3N2) virus, and an influenza B virus.

In addition, to ensuring that you are vaccinated, it is important that you conduct proper hand and respiratory hygiene practices while at work. This means that you:

- Cover your mouth and nose with a tissue when coughing or sneezing;
- Use in the nearest waste receptacle to dispose of the tissue after use;
- Perform hand hygiene (e.g., hand washing with non-antimicrobial soap and water, alcohol-based hand rub, or antiseptic hand wash) after having contact with respiratory secretions and contaminated objects/materials.

Additionally, some employers may provide tissues and no-touch receptacles for used tissue disposal and conveniently located dispensers of alcohol-based hand rub.

Following, these basic safety precautions will drastically reduce your risk of contracting the flu!

Please be sure to sign your name to the training certification form.

