Seasonal Flu Prevention
Influenza, or the flu, is a contagious respiratory illness caused by influenza viruses. The flu is different from a cold and usually comes on suddenly.

The flu can cause mild to severe illness. **Serious cases** of the flu can result in hospitalization or death.
Seasonal flu can happen all year-round, but it is most common during the fall and winter.

Peak flu season is between December and February, though it can last as late as May.
Potential flu symptoms include:

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headache
- Chills
- Fatigue
- Diarrhea
- Vomiting
You can be sick with the flu and spread it before showing any symptoms. Because of this, you may unknowingly pass the flu on to others.

The time between exposure and infection is about 2 days, but can range from 1 to 4 days. People with the flu are most contagious in the first 3-4 days after they get sick.
The Centers for Disease Control (CDC) recommends getting a yearly **flu vaccine**.

Flu vaccination can **reduce** your chances of getting the flu, doctor visits, and missed work and school. It can also prevent flu-related hospitalizations.
Flu vaccinations are especially important for people at **high risk** for serious flu complications, such as:

- Seniors
- Young children
- People with certain health conditions, including asthma, diabetes, or heart and lung disease
Find out if your company offers flu vaccinations onsite.

Know your company’s plans if an outbreak of flu or another illness occurs.
In addition to getting a yearly flu vaccine, there are some **simple steps** you can take to help prevent getting and spreading the flu:

1. Avoid close contact with strangers or those you think may have the flu
2. Stay home when you are sick
3. Cover your mouth and nose when you cough or sneeze
4. Clean and sanitize your hands often
5. Avoid touching your eyes, nose, or mouth
6. Practice other good hygiene habits
Keeping your hands clean through **good hand hygiene** is an important step you can take to avoid getting sick and spreading germs to others.

Germs are often **spread** when a person touches their eyes, nose, or mouth without washing their hands after they touch something contaminated.
The CDC recommends using the following steps to wash your hands:

1. Wet your hands with clean, running water (warm or cold) and apply soap.
2. Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds, or about as long as it takes to hum the “Happy Birthday” song from beginning to end twice.
4. Rinse your hands well under clean, running water.
5. Dry your hands using a clean towel or air dry them.
If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

Alcohol-based hand sanitizers can quickly reduce the number of germs on your hands. However, they do not eliminate all types of germs and may not remove harmful chemicals.
If you begin to feel sick while at work or begin showing signs of having flu-like symptoms, go **home** as soon as you can.
If you are sick with flu symptoms, the CDC recommends that you stay home for at least **24 hours** after your fever is gone except to get medical care or other necessities.
Antiviral drugs can be used to treat the flu if your doctor prescribes them.

Antiviral drugs can make illness milder and shorten the time you are sick. They may also prevent serious flu complications.
For people with high risk factors, treatment with an antiviral drug can mean the difference between having a milder illness or a very serious illness that results in a hospital stay.
Getting sick with the flu can cause you to miss days of work. For certain groups of people getting the flu can result in hospitalization or death.

Make sure you get your yearly flu shot and take precautions to avoid getting the flu. If you get the flu, try not to spread it to others.
Safety Meeting Quiz: Seasonal Flu Prevention

Sign and date this quiz sheet. Circle the letter representing the correct answer to each quiz question below.

Name: ____________________________ Date: ____________________________

1. ____________ is a contagious respiratory illness caused by influenza viruses.
   A. Silicosis
   B. Asbestosis
   C. The flu
   D. Kidney disease

2. Peak flu season is between ____________.
   A. August and September
   B. December and February
   C. May and July
   D. October and November

3. People with the flu are ____________ in the first 3-4 days after they get sick.
   A. Most contagious
   B. Least contagious
   C. Not contagious
   D. Not capable of spreading it

4. The ____________ recommends getting a yearly flu vaccine.
   A. Occupational Safety and Health Administration (OSHA)
   B. American National Standards Institute (ANSI)
   C. Centers for Disease Control (CDC)
   D. American Petroleum Institute (API)

5. Flu vaccination can ____________ your chances of getting the flu.
   A. Increase
   B. Completely eliminate
   C. Remove
   D. Reduce

6. Flu vaccinations are especially important for people at high risk for serious flu complications, such as seniors, ____________, and people with certain health conditions.
   A. Healthy adults
   B. Young children
   C. Teenagers
   D. Middle-aged adults

7. When washing your hands, scrub your hands for ____________.
   A. At least 5 seconds
   B. At least 10 seconds
   C. No more than 15 seconds
   D. At least 20 seconds

8. If you begin to feel sick while at work, begin showing signs of having flu-like symptoms, ____________.
   A. Stay at work for your entire shift
   B. Go home as soon as you can
   C. Try to make it to the weekend before you take off
   D. Take a quick break then return to work

9. If you are sick with flu symptoms, the Centers for Disease Control (CDC) recommends that you stay home for ____________ after your fever is gone except to get medical care or other necessities.
   A. At least 12 hours
   B. At least 24 hours
   C. At least 3 days
   D. At least a week

10. ____________ can make illness milder and shorten the time you are sick.
    A. Antiviral drugs
    B. Home remedies
    C. Taking short breaks at work
    D. Staying at work
Safety Meeting Answer Keys: Seasonal Flu Prevention

Instructors: The following key shows the answers for the Seasonal Flu Prevention safety meeting quiz.

1. C
2. B
3. A
4. C
5. D
6. B
7. D
8. B
9. B
10. A
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Student Instructions: Print and sign your name. Also, provide your date of birth or the last four digits of your social security number.

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