



Cold and Flu Protection at Work

When cold and flu season arrives, many people find themselves coughing and sniffing at work. Preventing the spread of cold and flu to your co-workers is important, and there are a few things you can do.

Main Points

If you are sick, you really should avoid going to work, school or other public areas. There are a couple reasons why this is important:-

- When you go out in public, you risk infecting others
- It may take longer to recover from colds or the flu if you push yourself.
- Staying home, you can ensure you eat healthy and get plenty of rest to ensure a speedy recovery.

While at home, make sure you have the proper sick supplies available including tissues, decongestants, pain relievers, fluids, teas and simple comfort foods like chicken soup. To help prevent the spread of viruses. Don't share eating utensils, drinking glasses or towels.

Stop the Spread of Germs

Cold/flu symptoms usually begin 1-2 days after coming into contact with the virus. Fortunately, symptoms will improve 7-10 days after they start. However, it may take your cough 1-2 weeks longer than other symptoms to go away completely.

Common colds are usually caught from other people and can be passed on by touching people's hands or objects contaminated with germs. What can you do to prevent the spread of germs?

- Cover your nose and mouth when sneezing or coughing.
- Use tissues and throw them away after use
- Cough into your sleeve (not into your hand), because then you'll prevent germs from spreading to other areas that you touch with your hands during the day.
- If you are not sick, then keep your hands away from your eyes, nose and mouth to prevent infecting yourself.
- Wash your hands with soap frequently, especially before preparing and eating food.
- Use an alcohol based hand sanitizer.

There are times where you must come to work even when you are not feeling 100%. When this happens, its crucial that you practice good hygiene throughout the day.

Don't forget to report any over the counter medications you are taking to your Supervisor.

Talk to Atlas about Safety Management for your business



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