

Cold and Flu Prevention

As we brace for the cold and flu season in midst of the COVID-19 pandemic, it is important that we stay diligent in using best hygienic practices to reduce the risk of exposure. Avoiding exposure to these viruses is the basis of prevention.

Cold and flu viruses are highly contagious with the most transmissible period beginning immediately after infection has occurred. This initial period, the infected individual may display no symptoms and be unaware of their infection which leads to the transmission of others.

Modes of Transmission



Contact Transmission

- Droplets of an infected person are propelled by coughing, sneezing, and talking into the air and are deposited on the mouth or nose of people nearby.



Fomite Transmission

- Transmitted by indirect contact by touching a contaminated object or surface and then touching your own mouth or nose before washing your hands.

What's the Danger?

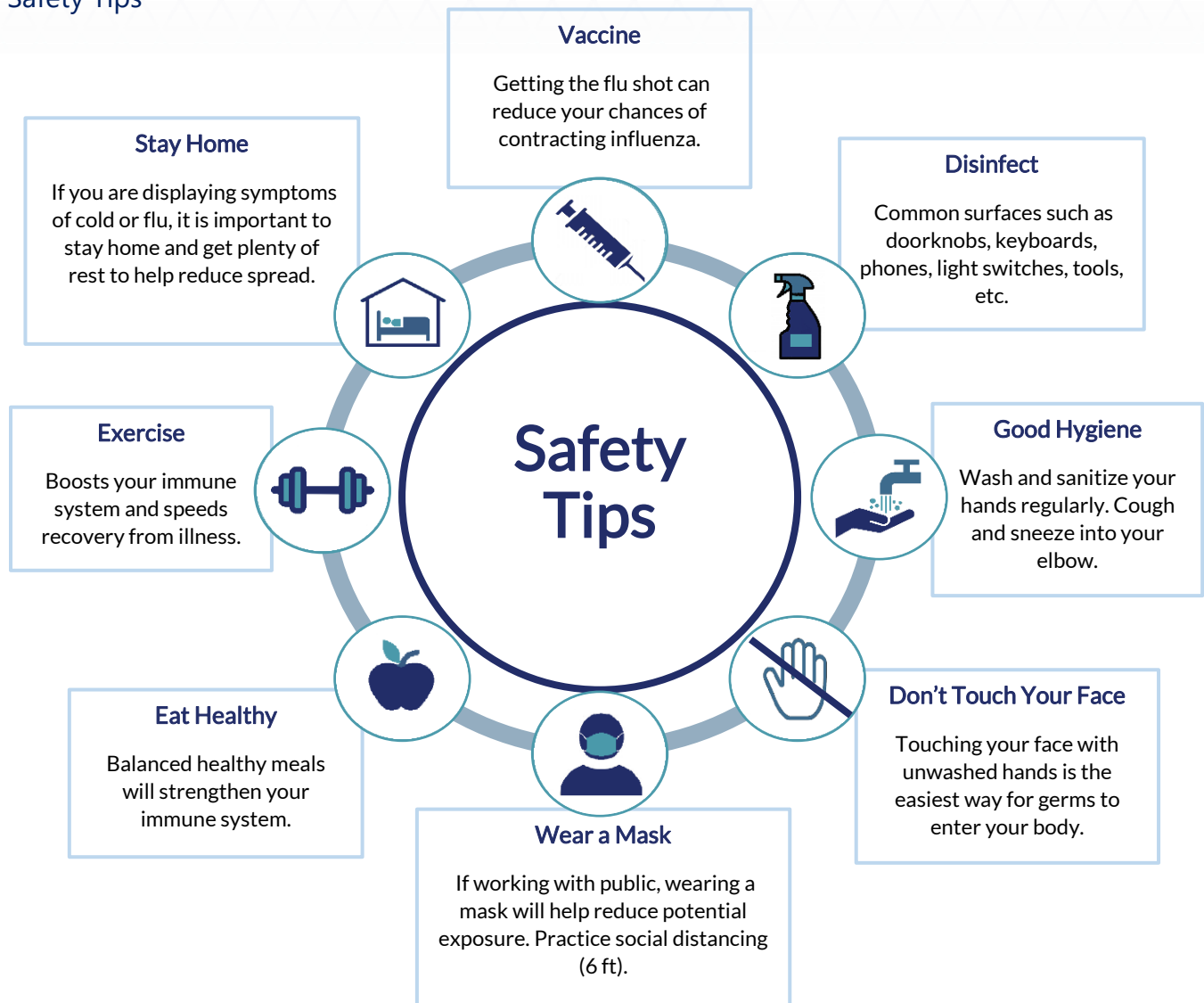
Cold and flu spread more easily in the winter months because they thrive in colder, less humid environments, which results in more people becoming infected. Risk of exposure can lead to the following:

- Becoming sick; you risk spreading the infection to others within the workplace or at home to your family and friends.
- Complications of influenza (flu) can lead to bacterial pneumonia, ear infections, sinus infections and worsening of chronic medical conditions, such as congestive heart failure, asthma and diabetes.
- Overlap of influenza and COVID-19, which could be catastrophic to your immune system.
- Lost work time, reduced productivity, and disruption of workplace operations.

SAFETY TALKS

Cold and Flu Prevention

Safety Tips



Demonstrate

Put up posters in high traffic areas (bathrooms, kitchen, and other communal areas) that promote good hygiene for cold and flu prevention.

Ensure workers have ready, close access to hand washing and drying facilities. Provide sanitation resources around entrance and exits.

Encourage sick employees to stay home. It is important for management and supervisors to set an example and adhere to this too.

Discussion

Review disinfecting methods and discuss the common surfaces around the workplace.

Discuss the different modes of transmission that can arise from an infected individual.



Workers Involved in this Safety Talk

Date: _____

Name	Signature

Name	Signature

Notes
