



INJURY PREVENTION

Quick Review of Safety

Cold and Flu Prevention

HAND HYGIENE

Wash hands before eating, and after using the toilet, blowing your nose, coughing, sneezing, touching garbage, or handling an animal or animal feed. Also wash hands both before and after preparing food or when caring for an ill individual.

PROPER HAND WASHING PROCEDURE

- Wet hands with clean, running water (warm or cold), then turn off the tap and apply soap.
- Lather hands by rubbing them together with soap. Lather the backs of your hands, between your fingers, and under nails.
- Scrub hands for at least 20 seconds, consider humming the happy birthday song to yourself from beginning to end twice to approximate 20 seconds.
- Rinse your hands under clean running water.
- Dry your hands using a clean towel or air dry them.
- Use hand sanitizer if soap is unavailable:
 - Apply hand sanitizer to palm of one and rub through all surfaces of the hands and continue rubbing hands together until your hands and fingers are dry.

RESPIRATORY HYGIENE/COUGH ETIQUETTE

- Cover your mouth and nose with a tissue when coughing and sneezing; dispose of the tissue after use and wash hands.
- If a tissue is unavailable cough or sneeze into the back of your elbow, not your hand. Again, wash your hands when able.
- If you cough into your hand by mistake be sure to wash your hands promptly; avoid touching your eyes, nose or mouth until after you wash your hands.

(Over)



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(Over)

DISINFECTANTS

Certain surfaces are common transmission points for germs. These should be regularly disinfected when possible, particularly during peak cold and flu season. When using any disinfectant, be sure to follow appropriate product directions and proper personal protective equipment, such as gloves or eye protection, if warranted. Please remember that disinfectants may not kill all germs.

VACCINATION

To help prevent the flu, the CDC recommends that all people 6 months old and older get a flu shot with rare exceptions. These are offered every year at a variety of locations at low to no cost, depending on your insurance.

STAYING HOME

When sick with highly communicable illnesses, such as the flu (influenza), it is advisable to stay home. Whenever possible, avoid bringing the illness into the workspace to keep the illness from spreading.

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