

DON'T LET THE FLU CATCH YOU!

A Checklist for Los Angeles County Employees to Prevent Flu in the Workplace

Influenza (flu) is a highly contagious virus that spreads easily, especially in the workplace. Flu in the workplace can lead to serious illness and extended absences. The best way to prevent flu in the is for employees get a flu shot. It's also important for people to stay home when they're sick to prevent spreading the flu to others.

Each year, on average,
5% to 20%
of people **get the flu**,
tens of thousands are
hospitalized and
thousands die from
flu-related illness.

The 2017-2018 **flu season** was the
worst in the US in
more than
40 years
with an estimated
80,000 deaths

Flu
is responsible for
45%
of **workdays**
lost.

Flu vaccination
lowered the risk of
having to **go to the**
doctor by
60%

Preventing Flu in Your Workplace

- ✓ Get a free flu shot at an onsite flu vaccination clinic at your workplace. Go to <http://employee.hr.lacounty.gov/wellness-activities-3/> to see a list of locations.
- ✓ Read about flu and help dispel myths and misinformation about the flu shot <http://publichealth.lacounty.gov/ip/influenza.htm>
- ✓ Read and share articles about the importance and benefits of flu vaccination.
- ✓ Manager, directors and supervisors can set an example by getting vaccinated for flu first and early in the season.
- ✓ Share the [Flu Vaccine Finder](http://VaccineFinder.org) (VaccineFinder.org) with your co-workers to find alternative locations to receive a flu shot.
- ✓ Don't forget, all staff who provide direct patient care, work in a healthcare facility, or go to a healthcare facility as part of their work responsibilities are required to receive the influenza vaccine each year. Read more at http://publichealth.lacounty.gov/ip/influenza_providers.htm
- ✓ Practice and model healthy practices in the workplace including not shaking hands, covering coughs and sneezes, and frequently washing your hands with soap and water. Good hand hygiene practices can prevent being infected with flu and reduce the spread.
- ✓ Keep tissues, hand sanitizer, and disposable towels at your desk to help keep your keyboard and work surfaces clean.
- ✓ Stay home when you are sick to keep flu from spreading. Certain employees (i.e. pregnant women and persons with chronic illnesses) may be more vulnerable to and have serious complications from the flu.