

MAKE IT YOUR BUSINESS TO FIGHT THE FLU

A Checklist for Business and Employers to Prevent Flu in the Workplace

Each year, the flu affects as many as 1 out of 5 people living in the United States. Flu in the workplace can lead to extended absences, less productivity, and higher medical costs. The best way to prevent flu in the workplace is for employees to 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.

Flu
is responsible for

45%
of **workdays lost**.

Flu
is responsible for

49%
of **low productivity days** among working adults ages 50 – 64.

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

60%

Support Flu Vaccinations in Your Workplace

- ✓ Set an example for your employees. Managers and leaders should set an example by getting vaccinated for flu first and early in the season.
- ✓ Encourage employees to stay home when sick. Certain employees (i.e. pregnant women and persons with chronic illnesses) may be more vulnerable to and have serious complications from the flu.
- ✓ Establish flu vaccination as a business priority and set a goal for this effort.
- ✓ Work with a vendor to schedule an onsite flu vaccination clinic.
- ✓ Share the [Flu Vaccine Finder](http://VaccineFinder.org) (VaccineFinder.org) with employees.
- ✓ Post articles in company communications (i.e. newsletters, paycheck inserts, emails, portals, social media, etc.) about the importance and benefits of flu vaccination.
- ✓ Promote healthy practices in the workplace including not shaking hands, covering coughs and sneezes, frequently washing hands with soap and water. Good hand hygiene practices can reduce the spread of flu, illness and absenteeism.
- ✓ Provide tissues, no-touch trash cans, hand soap, hand sanitizer, disinfectants, and disposable towels to help employees keep their work surfaces clean.

Flu Vaccination Vendors

- Occuvax: www.occuvax.com/
- Passport Health: www.passporthealthusa.com/locations/ca/los-angeles/flu-vaccinations/ or call (323) 284-1116
- Total Wellness: www.totalwellnesshealth.com/flu-shot-clinics/

The Los Angeles County Department of Public Health does not endorse these vendors.