

HSSE MOMENT: Flu Season

Flu Prevention and Treatment



What are the common symptoms?

Fever, cough, sore throat, body aches, headaches, chills, fatigue, diarrhea, and vomiting. Symptoms develop three to five days after you are exposed to the virus and continue for about eight days, starting one day before you get sick and continuing until you've recovered.

How does it spread?

Flu viruses spread person-to-person when someone with the flu coughs or sneezes. Germs can also be spread if you touch something that is contaminated with germs and then you touch your eyes, nose, or mouth.

What is the recommended treatment?

Over-the-counter (OTC) treatments are medications you can get without a prescription from your doctor, such as ibuprofen and acetaminophen, which are available at a pharmacy or grocery store. People who experience flu-like symptoms may take OTC medications (such as pain relievers and decongestants) to relieve these discomforts.

What can I do to prevent getting sick?



How can I keep my work place safe?

Influenza virus is viable for up to two days on work surfaces, so disinfect using a cleaning spray and disposable paper towels (use ONLY approved cleaners on electrical components such as computers and phones). Throw away tissues in the trash immediately after use.

Keep your distance!

Try to stay at least three feet from others — and avoid handshaking or other close contact. Use alcohol-based disinfectant wipes to clean seatbelt buckles and tray tables on a plane; use a paper towel to open and close doors in public restrooms; and wash your hands when you get off the plane, train, or bus.

What if I get sick?

Call your doctor. Contact your supervisor and stay home from work until at least 24 hours after you are free of fever or signs of fever without the use of fever-reducing medications.

Contact:

Thomas Baylis, CIH Vice President, HSSE **E.** tbaylis@GESonline.com **T.** 800.426.9871 ext. 3021

