

# FactSheet

## Fight the Flu at Work

The workplace is a breeding ground for flu-causing germs. Employees often come to work when they're sick, which exposes others to the virus. Germs can live for at least two hours on surfaces like doorknobs, phones, desks, and tables.

### How do I prevent spreading the flu?

Prevent the spread of germs by covering your mouth when you sneeze or cough.

- Cover your mouth and nose with a tissue when coughing or sneezing. Throw away the tissue after use.
- If a tissue is not available, cough or sneeze into your sleeve or into the crook of your elbow.
- Do not cough or sneeze into your hand.
- Wash your hands frequently and for at least 30 seconds in warm, soapy water.
- If water or soap is not available, use an alcohol-based hand sanitizer or disposable hand wipes.
- Make sure to distance yourself from other people by at least three feet when coughing or sneezing.
- Clean and disinfect your phone, keyboard, and mouse regularly.
- Avoid touching your eyes, nose or mouth.

Practice good health habits:

- Sleep at least eight hours each night.
- Eat nutritious food.
- Drink plenty of fluids.
- Manage stress.
- Be physically active.

### Is the flu shot really an effective way to prevent the flu?

A flu shot can reduce the chances of getting influenza up to 90 percent in young, healthy adults.

CDC recommends a seasonal flu shot for everyone age 6 months and older, especially:

- Household contacts and caregivers of infants younger than 6 months of age
- Pregnant women
- People age 50 or older
- People with certain chronic medical conditions, as well as their household contacts and caregivers
- Health care personnel

The flu shot is *not* recommended for:

- Infants younger than 6 months of age
- People who are allergic to eggs or any component of the influenza vaccine. The CDC recommends that people who have a severe allergy to eggs should be vaccinated in a medical setting and supervised by a health care provider who is able to recognize and manage severe allergic conditions.
- People who have had an adverse reaction to flu shots
- People with a history of Guillain-Barré syndrome

### What should I do if I get sick?

- Stay home, rest, and resist the urge to go to work.
- Healthy adults may infect others one day before getting symptoms and up to five days after getting sick. You may be spreading the flu without even realizing it.
- Keep your distance from others to prevent them from catching the flu.
- Drink plenty of liquids, and avoid using alcohol and tobacco.



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