

POST  
IN BREAK  
ROOM

## Be Prepared. Prevent The Flu in the Workplace

The flu is easily passed from person to person, and surface to surface in the workplace. Follow these preventative measures to help mitigate the spread of cold and flu viruses at work.

### TOP 10.5 THINGS YOU CAN DO:

- 1 Get a flu shot.
- 2 Wash your hands frequently. Especially after handling money.
- 3 Use alcohol-based hand sanitizer.
- 4 Don't share office supplies.
- 5 Cover your mouth and nose when you sneeze with the inside of your elbow.
- 6 Avoid touching your face, eyes or rubbing your nose.
- 7 Be aware of what you have touched before you put something in your mouth.
- 8 Disinfect your work space every day, especially if you share your work space
- 9 Place facial tissues at all work stations
- 10 Disinfect "touch points" - surfaces, door handles, lobby counters, drinking fountains, toilets, urinals, sinks, conference table tops, break room table tops, copiers, faxes, shared telephones, keyboards and computers.

### 10.5 GO HOME IF YOU ARE SICK

#### GERMSTAR Hand Sanitizer

Touchless hand-sanitizer dispenser. Encourages use and increases wash compliance from 30-50% to 90% and above.

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***If H1N1 Flu is detected in  
your workplace call our  
Swine Flu Rapid Response Team  
immediately at 559-495-3000.***



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