



Sickness Prevention

In the fall, we are all exposed to the inevitable cold/flu season challenges. In that vein, we must all focus on prevention to avoid more exposure than ordinarily expected at other times of the year.

Ways To Protect Yourself And Others During Cold & Flu Season

- Get Vaccinated.
- Stay at home if you are sick.
- Wash hands frequently with soap and water.
- Avoid touching your nose, mouth and eyes.
- Cover your coughs and sneezes.
- Keep frequently touched surfaces clean.
- Try not to use other people's items.
- Speak to a medical professional to see if you are in a high risk category for flu.



Flu Vaccine Facts

- An estimated 5 million flu illnesses were prevented*.
- An estimated 2.5 million flu related medical visits were prevented*.
- An estimated 71,000 flu related hospitalizations were prevented*.
- Getting vaccinated protects the people around you as well.
- The most frequent type of flu identified during the 17-18 season is Influenza A.

*Based on 15-16 Flu Season Data

Resources

[CDC: Common Colds](#)

[CDC: Flu \(Influenza\)](#)

[OSHA: Flu Season](#)

[CDC: Handwashing Video](#)

[CDC: United States Flu Activity Map](#)

[CDC: Cover Your Cough Signage](#)