



# Flu Season

The Next Three Seconds Protects Your Life, Your Loved Ones, Your Livelihood®

## The N3L3 philosophy:

our approach to protecting workers from fatal and life-changing events.

*Eastern Alliance is here to help. To learn more about Eastern's N3L3 program and access other safety resources, sign in and visit the Safety Tools on [www.easternalliance.com](http://www.easternalliance.com), or contact your Risk Management Consultant for assistance*

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Flu season is here, and while the exact timing and duration of flu seasons vary; the activity peaks between December and February. It is critical that everyone does their job to reduce exposures to the flu, at work and at home. Here are some tips to reduce the potential for contracting the flu:

- Wash your hands often and do so for at least 20 seconds with soap and water.
- Minimize touching your face as much as possible, especially your eyes, nose or mouth. Cover coughs and sneezes with a tissue and dispose of it in the trash immediately. If a tissue is unavailable, use your inner elbow and wash your hands immediately.
- Avoid close contact with others. If you work in the healthcare field, wear personal protective equipment such as gloves and face protection when working with sick patients.
- Disinfect phones, computers, work surfaces, equipment and break rooms. If you work in the healthcare field, disinfect patient care equipment and patient rooms.
- Stay home when you are sick to prevent contaminating your work environment and co-workers.

### Additional tips to reduce the potential for the flu in YOUR workplace:

- Encourage employees to practice frequent hand washing, avoid touching their face and make tissues easily accessible. Consider displaying posters at visitor entrances to remind visitors to practice good hygiene.
- Encourage employees to get a flu shot.
- Encourage employees to take sick days and use flu-preventive hygiene if they must be out of work to care for sick children or other family members.
- Monitor local flu outbreaks and school closures in your area. Record and trend employee call-outs due to sickness. Require employees that have called out due to a personal or family sickness to check their temperature before coming back to work to ensure they no longer have a fever.
- Educate employees that they are to remain away from their workplace until they have been 24 hours without a fever.
- Create a designated area for sick workers that await to be transported home and encourage them to stay home and rest until 24 hours after their fever has ended.
- In an effort to reduce the potential of spreading the flu, avoid person-to-person interaction as much as possible. Consider allowing employees to telecommute from home when possible.

This information is proprietary and is intended to assist you in your safety efforts. It must not be assumed that every unsafe condition or procedure has been covered in this document, nor that every possible loss potential, and legal violation has been identified herein. This document is not a substitute for the establishment of risk management programs by your management.