



Ah-flu!

It's flu season, and the bug can sweep through your workplace infecting employees and causing lost time. Keeping workers safe and well, and having a plan to prevent contagious diseases is as important as fighting against slips, trips and falls.

Dr. Robert England, head of the Maricopa County Public Health Department, says at least one in four will get the flu this season, and much of it will be spread in workplaces.

To protect your employees:

- Stress personal hygiene – The flu virus spreads through the air or on surfaces such as door knobs, phone handsets or keyboards. Prevention can be as simple as thoroughly washing one's hands with soap and water or using an antibacterial antiseptic hand gel. Use tissues for sneezing or coughing; when they not available, use the inner elbow or shirtsleeve.
- Keep employees informed – Stay abreast of news and information regarding the flu and communicate it with your workers.
- Plan for absenteeism – Develop a plan on how to cover for workers who do get ill. The Centers for Disease Control and the Occupational Safety and Health Administration urge employers to encourage workers to stay home if they become ill, so they are not coming into work and spreading the virus to others.