

## *You can contain the spread of illness*

During flu season, influenza is a real concern in our health care facility. You work closely and come in direct contact with patients and other staff frequently, which means germs and bacteria can spread easily from person to person. In addition, there is a chance you will face exposure with the virus, either directly or indirectly.

Here are special safety procedures to follow during a flu outbreak. Be sure to observe those procedures, along with following these effective safety tips:

- Stay home when you are sick.
- Get the seasonal flu vaccine if your doctor recommends it.
- Wash your hands more frequently than usual with soap and water for at least 20 seconds. If soap and water are not available, use hand sanitizer.
- Avoid touching your nose, mouth and eyes.
- Always wear appropriate and/or required gloves, masks, scrubs and other protective equipment.
- Cover your coughs and sneezes with a tissue and dispose of the tissue in a no-touch trash bin. Encourage patients and family members to do the same.
- Wash your hands or use hand sanitizer after coughing, sneezing or blowing your nose, as well as after contact with a patient or co-worker.
- Keep frequently touched surfaces (telephones, computer keyboards, countertops, doorknobs, etc.) clean and sanitized.
- Wash your hands after removing gloves or your mask.
- Do your part to make sure that tissues, sanitizers and masks are available for patients and family members when necessary.
- If you are unsure of the proper response or precautions for a given situation, ask your supervisor immediately

Coming to work sick increases the likelihood of spreading illness to your co-workers and patients.