



TEAMWORK
IMPROVES SAFETY

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KCA TOOL BOX TALK: Cold and Flu Prevention

Both influenza and the common cold are respiratory illnesses. They are caused by viruses and have similar symptoms. It can be difficult to tell the difference between them based on symptoms alone. Usually, the flu is worse than the common cold and the symptoms are more intense which can lead to pneumonia, bacterial infections, or hospitalizations. The flu season spans from late November through March. Following a few simple steps can keep workers from catching and spreading germs.

Tips to Prevent Catching or Spreading Colds and the Flu:

- ✓ Remember to get a yearly flu vaccination aka flu shot
- ✓ Avoid close contact with sick people and limit contact with others as much as possible if you get sick
- ✓ Stay at home for at least 24 hours after your fever is gone except to get medical care if you are sick
- ✓ Don't forget to cover your nose and mouth with a tissue when you cough or sneeze
- ✓ Regularly wash your hands with soap and water and/or use an alcohol-based hand rub
- ✓ Avoid touching your eyes, nose, and mouth
- ✓ Clean and disinfect all surfaces, tools, and equipment that carry germs
- ✓ Immediately after becoming ill, see your doctor to find out if an antiviral drug can be prescribed to help shorten the duration of an illness and always continue taking the medicine until all the pills are gone
- ✓ Eat healthy foods, get enough sleep, and drink plenty of water to help your body's immune system to defend itself against cold/flu viruses

For more information visit www.cdc.gov

www.KeystoneContractors.com

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