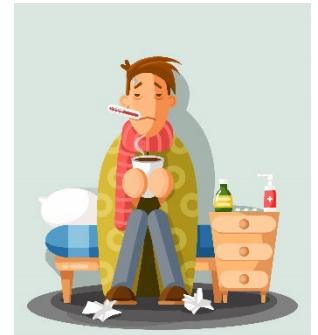


Workplace Safety and the Flu – Source OSHA

Quick Facts about Seasonal Flu

- Seasonal influenza (flu) can be transmitted year-round but is more common in the fall and winter seasons. Infections usually peak between December and February.
- Exposure to flu is more likely among certain occupations such as [healthcare workers](#). General precautions are also recommended during flu season for [non-healthcare workers](#).
- Getting a [seasonal flu vaccination](#) is one of the most effective ways to prevent infection, and it can also reduce the severity and duration of illness.
- Good [hand hygiene](#), [cough and sneeze etiquette](#), and staying home when sick are also critical components of prevention.
- [Improving ventilation](#) can also minimize the inhalation of influenza, COVID-19, and other respiratory viruses that may be circulating. For additional information regarding protecting workers from COVID-19, please see OSHA's [COVID-19 Safety and Health Topics](#) page.
- Because influenza viruses change frequently, worldwide monitoring by public health agencies is necessary to determine the predominant circulating strains. The CDC provides up-to-date information on [U.S. flu activity](#).



Workplace Safety and the Flu

This information is for workers and employers for reducing the spread of seasonal flu in workplaces. It provides information on the basic precautions for all workplaces, including additional precautions for healthcare settings. Getting a flu vaccine is more important than ever during the COVID-19 pandemic to:

- Protect yourself, family, coworkers and other members of the community,
- Make the flu less severe if you get it, and
- Reduce the burden on our healthcare systems responding to the COVID-19 pandemic.

Health and Human Services' Centers for Disease Control and Prevention (CDC) has [updated guidance](#) for protecting individuals from seasonal flu. Refer to this page for updates on the most recent seasonal flu vaccine. Each year the vaccine is revised to protect against the influenza viruses that research indicates will be most common this season.

Vaccination Recommendations for 2022-2023 Flu Season

- [CDC Recommendations](#)
- [Advisory Committee on Immunization Practices \(ACIP\)](#)
- [World Health Organization](#)

Employee need to stay home when they are ill!

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Safety Talk Sign-in Sheet Topic Workplace Safety and the Flu

Agency: _____

Crew: _____

Supervisor/Talk Leader: _____

Date: _____

Print Name

Signature

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