

Longshore Safety Tip

October - 2020

Stop the Spread of Flu in the Workplace

Flu Prevention



Annual Flu Shot



Cover your nose and mouth when you sneeze and cough



Wash your hands with soap and warm water



Avoid touching your face



Limit contact with others

FLU VACCINE REDUCES YOUR RISK OF ILLNESS



Getting vaccinated for the flu this fall is more important than ever. Not only will a flu shot keep you and your family healthy, it can reduce the strain on the healthcare system during COVID-19.

This is no ordinary flu season—it is a flu season during a pandemic. It is possible to have the flu and COVID-19 at the same time.

The CDC recommends a yearly flu vaccine as the first and most important step in protecting against the flu virus. Everyone 6 months of age and older should get a flu vaccine as soon as available.

Vaccination of high risk persons is especially important to decrease the risk of severe flu illness.

If you are sick with flu-like illness, stay home.

Remember that the flu vaccine not only protects you, but it can also help protect those around you



For more information, visit www.cdc.gov/flu



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PACIFIC COAST MARINE SAFETY COMMITTEE
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