



Mount Sinai *Selikoff Centers for Occupational Health*

Preventing flu spread in your workplace

The Mount Sinai Selikoff Centers for Occupational Health are leaders in the prevention and treatment of workplace injuries and illnesses. To learn more about flu programs for the workplace and other occupational health services, visit www.mountsinai.org/selikoff or call 888-702-0630.

The flu can spread very easily through the workplace. Seasonal flu cases often begin in October and peak between December and February.

It is important to practice the following healthy habits and be proactive to protect yourself and those around you.

- **Practice hand hygiene and cough etiquette.** Wash your hands before eating or touching your face, and cough away from others into a tissue or your elbow crease.
- **Get the flu vaccine.** It is not too late! Flu shots can prevent the development of serious medical problems from the flu such as pneumonia, or death.
- **If you are sick, stay home.** The CDC recommends you stay home for at least 24 hours after a fever breaks. Staying home can help you get better faster, and prevent the flu from spreading to others.
- **Keep the workplace and your work area clean.** The flu virus can survive on surfaces for up to 24 hours, so wipe down your desk, keyboard, or other surfaces that may have been contaminated.

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