StepsUP
Consulting LTD

SAFETY MOMENT

FALL FLU SEASON

Stay Healthy, Stay Safe



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INTRODUCTION

FALL FLU SEASON

As the temperatures drop and people spend more time indoors, the risk of seasonal influenza (flu) increases. The fall season is historically when flu cases start to rise, affecting individuals, families and workplaces.

This Safety Moment aims to raise awareness about the flu, its impact, and the actions we can all take to stay healthy, protect our coworkers, and maintain a safe and productive work environment.

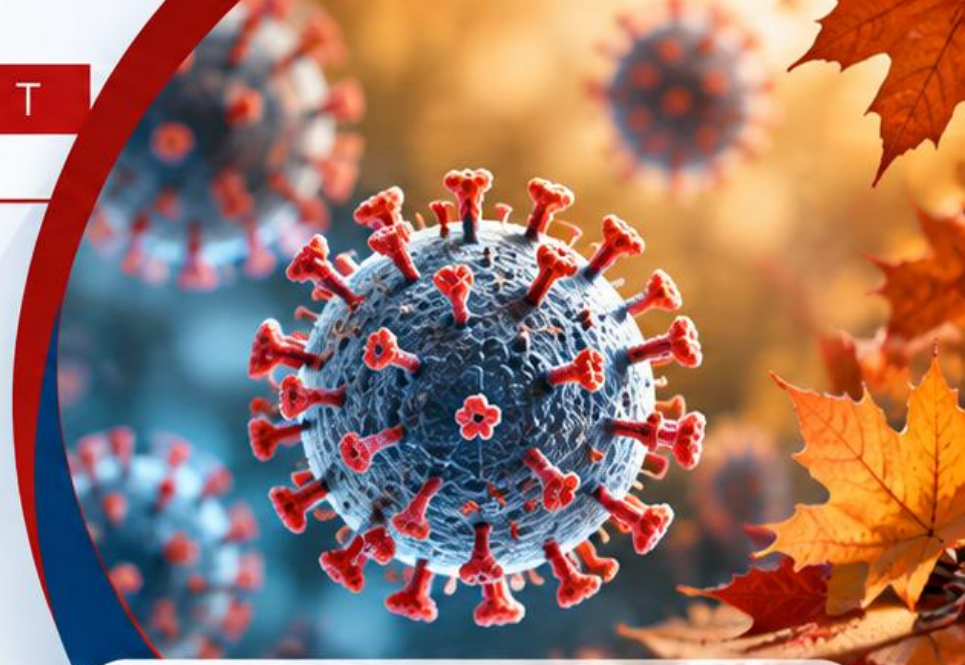


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UNDERSTANDING SEASONAL INFLUENZA



Seasonal influenza (flu) is a contagious respiratory illness caused by influenza viruses. It mainly affects the nose, throat and lungs, and can range from mild to severe illness.

WHAT IS THE FLU?

The flu is caused by influenza viruses, which change over time and circulate seasonally, usually in the fall and winter.

WHO CAN GET IT?

Anyone can get the flu. It can affect people of all ages, but some groups are at higher risk of serious complications (e.g., older adults, young children, and people with certain health conditions).

WHEN DOES IT OCCUR?

Flu activity typically increases in the fall, peaks in the winter months, and can continue into early spring.

KEY POINTS

- Caused by influenza viruses (type A and B).
- Spreads easily from person to person.
- More common during fall and winter.
- Can lead to serious complications, especially in high-risk individuals.

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RECOGNIZING COMMON SYMPTOMS



Recognizing flu symptoms early can help prevent the spread of illness and ensure timely care. Symptoms often appear suddenly and can range from mild to severe.

FEVER OR CHILLS

A high temperature or feeling unusually cold can be an early sign of the flu.

COUGH

A dry or persistent cough is one of the most common flu symptoms.

SORE THROAT

Throat irritation or pain may occur, especially in the early stages.

BODY ACHES

Muscle pain and general body discomfort are frequently reported.

FATIGUE

Extreme tiredness and weakness can make it difficult to carry out daily tasks.

HEADACHE

Many people with the flu experience headaches along with other symptoms.

IMPORTANT REMINDER

If symptoms become severe or persist, seek medical advice and avoid close contact with others.

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HOW FLU SPREADS IN THE WORKPLACE

Flu can spread quickly in workplace settings when employees interact closely, share spaces, and touch common surfaces.



RESPIRATORY DROPLETS

Flu spreads when an infected person coughs, sneezes, or talks.

CLOSE CONTACT

Being near coworkers during meetings, conversations, or shared tasks increases exposure.

CONTAMINATED SURFACES

Shared tools, desks, keyboards, doorknobs, and break-room items can carry germs.

INDOOR SHARED SPACES

Poor ventilation and crowded indoor areas can make transmission easier.

IMPORTANT REMINDER

Stay home if you are sick, practice good hygiene, and help reduce the spread of illness at work.

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PREVENTION MEASURES

Simple preventive actions can significantly reduce the spread of influenza and help keep employees healthy during the fall and winter months.



GET VACCINATED

Annual flu vaccination is one of the most effective ways to reduce the risk of illness and serious complications.

WASH YOUR HANDS

Wash hands often with soap and water or use hand sanitizer when soap is not available.

COVER COUGHS & SNEEZES

Use a tissue or your elbow to cover your mouth and nose, then dispose of tissues properly.

CLEAN & VENTILATE SPACES

Regularly disinfect shared surfaces and improve airflow in indoor work areas whenever possible.

IMPORTANT REMINDER

Prevention is a shared responsibility — small daily habits help protect you, your team, and the workplace.

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WORKPLACE SAFETY RESPONSIBILITIES

Preventing the spread of flu is a shared responsibility between employees, supervisors, and the organization.



EMPLOYEES

Stay home when sick, practice good hygiene, and report symptoms appropriately.

SUPERVISORS

Encourage safe practices, support employees who are sick, and reinforce proper reporting.

HR / MANAGEMENT

Communicate policies, support wellness initiatives, and coordinate workplace health measures.

CLEANING & FACILITIES

Maintain regular sanitization, ensure cleaning of shared surfaces, and support proper ventilation in the workplace.

TEAM CULTURE

Respect others, avoid spreading illness, and promote a safe, healthy, and supportive workplace.

IMPORTANT REMINDER | Everyone plays a role in keeping the workplace healthy, safe, and productive during flu season.

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KEY TAKEAWAYS & CLOSING MESSAGE

Simple actions help protect your health, your coworkers, and our workplace during flu season.



GET VACCINATED

Annual flu vaccination helps reduce illness and complications.

PRACTICE GOOD HYGIENE

Wash hands often and cover coughs and sneezes properly.

STAY HOME WHEN SICK

Avoid exposing coworkers if you have flu-like symptoms.

KEEP SPACES CLEAN

Sanitize shared surfaces and improve ventilation where possible.

LOOK OUT FOR EACH OTHER

A healthy workplace depends on shared responsibility and respect.

A healthy workplace starts with each of us. Small preventive actions can make a big difference in keeping our teams safe throughout flu season.