

Seasonal Influenza (flu) Safety & Health

Flu infections are more common in the fall and winter seasons with peak season occurring between December and February.

Workplace Safety and the Flu

Visit www.OSHA.gov/seasonal-flu for information for workers and employers about 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 webpage 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.

www.OSHA.gov/seasonal-flu



Common Flu Signs & Symptoms

Flu signs and symptoms usually come on suddenly. People who are sick with flu often feel some or all of these symptoms:

- Fever*/feeling feverish or chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

**It's important to note that not everyone with flu will have a fever.*

Scan the QR Code for Updated Guidance



Stay Informed of Workers Rights: OSHA.GOV/WORKERS

**For more information, please contact HIOSH at:
dliir.hiosh.ct@hawaii.gov or 808-586-9100**



Auxiliary aids and services are available upon request to individuals with disabilities.

TDD/TTY Dial 711 then ask for (808) 586-9116.

