COLD AND FLU SEASON

Cold and flu season peaks between December and February. These diseases are caused by contagious viral infections that primarily affect the respiratory tract.

COLD SYMPTOMS
- Sneezing
- Congestion
- Sore throat
- Watery eyes

FLU SYMPTOMS
- Includes symptoms of a cold
- Fever
- Muscle aches
- Fatigue
- Weakness

GREATEST RISK FOR COLD OR FLU
- Youth
- Senior citizens
- Immunocompromised

TIPS FOR A HEALTHY WORKPLACE:

- Get a flu vaccine every year
- Stay at home if you are sick
- Wash hands frequently for at least 20 seconds
- Do not share cups or eating utensils
- Cover coughs with a tissue (not your hands)