

Avoid the Flu

Take these steps to keep yourself, coworkers, and customers safe

Influenza is contagious. Remember these “Flu to Do” items to prevent contracting and spreading flu.

As a food worker, or a worker that interacts with the public, you are at increased risk for contracting and spreading influenza.

Need help?

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Get the flu shot.



- The flu shot, or vaccination, is one of the best ways to increase your defense against the flu.
- Getting a flu shot does NOT increase your chances of getting the flu.
- Many insurance plans cover flu shots as preventative care.

Wash your hands frequently.



- Wash your hands with hot water and soap frequently. Dry with paper towels.
- Wearing gloves does not replace the need to wash your hands.

Don't spread the flu by working when ill.



- Seek medical care if you suspect you have the flu. Flu can be deadly.
- If you are vomiting, have diarrhea, a sore throat with fever, or jaundice, you must report your symptoms to your manager.
- If you have the flu, stay home until you have been fever free for at least 24 hours.
- Take all medications that your doctor prescribes.