LifeWorks

Flu-fighting: It's up to all of us
How LifeWorks Can Help

Much of Canada and the U.S. is experiencing widespread and intense flu activity. You may have been sick with the flu yourself or caring for loved ones who are sick. Health experts predict it may take many more weeks for flu activity to slow down. Here's what you need to know to help protect your health:

- **Influenza, commonly known as "the flu," is a respiratory disease that affects the nose, throat, and lungs.** The highly contagious influenza virus can be passed from person to person when an infected person coughs, sneezes, or talks, or by direct contact with contaminated objects.The Centers for Disease Control and Prevention (CDC) reports that influenza A (H3N2) has been the most common form of influenza this flu season. These viruses are often linked to more severe illness, especially among children and people age 65 and older.

- **The CDC advises there are steps you can take to reduce your risk of getting the flu**—through everyday good health habits such as: covering your mouth when you cough, frequently washing your hands, disinfecting surfaces regularly, limiting contact with others who might be sick, and staying home, if possible, when you are sick to help prevent the spread of germs and respiratory illnesses. Most importantly, if you are experiencing flu-like symptoms, seek medical attention immediately.

- **CDC continues to recommend the flu vaccine if you haven't already gotten one.** If you have questions, consult your healthcare provider as the vaccine is not recommended for certain people in high-risk groups.

For more information, consult the CDC website (**https://www.cdc.gov/flu/index.htm**) and log in any time to the LifeWorks platform (**login.lifeworks.com**) to access helpful resources:

- **Are You Too Sick to Go to Work?**
- **Flu Outbreak Guidelines for Managers**
- **Protecting Older Adults from Influenza**
- **Taking Care of Yourself and Your Family in the Cold and Flu Season**
- **Taking Care of Yourself When You Have the Flu**
- **The Flu Vaccine**

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