



Winter Wellness Tip **Flu Tips**

SCL Physicians-Occupational Medicine

SCL Physicians-Occupational Medicine is a one stop shop for your workers' compensation injury care and employee testing (pre-hire or annual employment exams) needs in the Denver Metro area. If you have any questions regarding our services or would like to speak to us about setting up an account, please reach out to Jerad Degenhart at 303-272-0755.

Our wellness tip is how to manage the flu.

#1 Get your flu vaccine: while there are many different flu viruses, a flu vaccine protects against the viruses that research suggests will be most common. Flu vaccine can reduce flu illnesses, doctors' visits and missed work and school due to flu, as well as prevent flu-related hospitalizations. Remember children younger than 6 months are at risk of serious flu illness, but are too young to be vaccinated. People whom care for infants should be vaccinated instead and if one has confirmed flu, stay away from these babies until you're are well.

#2 Take everyday preventive actions to stop the spread of germs. Examples include: try to avoid close contact with sick people. While sick try to limit contact with others as much as possible to keep from infecting them. If you are sick with flu-like illness, DC recommends that you stay at home at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone for 24 hours without the use of fever-reducing medicine). Cover your nose & mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. Wash your hands often with soap and water (<http://www.cdc.gov/handwashing/>) If soap and water is not available, use an alcohol based hand rub. Be sure to let it dry completely before using your hands. Avoid touching your eyes, nose & mouth. Germs spread this way. Clean and disinfect surfaces and objects that may be contaminated with germs like the flu. See Everyday preventive actions and nonpharmaceutical interventions (NPI's) (<http://www.cdc.gov//nonpharmaceutical-interventions/>) for more information about actions-apart from getting vaccinated and taking medicine-that people and communities

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#3 Take Flu antiviral drugs if your doctor prescribes them. If you get the flu, antiviral drugs can be used to treat your illness. Antiviral drugs are different from antibiotics. They are prescription medicines (pills, liquid or an inhaled powder) and are not available over the counter (OTC). Studies show that flu antiviral drugs work best for treatment when they are started within 2 days of getting sick, but starting them later can still be helpful, especially if the sick person **has high risk health condition** or is very sick from the flui. Follow your doctor's instructions for taking this drug. Flu like s/s includes fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue. Some people may have vomiting and diarrhea. People infected with the flu and have respiratory symptoms without a fever. Visit the [CDC's website- what to do if you get sick with the flu.](#)

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