

# FLU + COLD SEASON SAFETY REMINDERS

A safety message from  
**HAZMASTERS**<sup>®</sup>  
CREATING SAFER WORK ENVIRONMENTS  
A SUBSIDIARY OF WESCO DISTRIBUTION CANADA

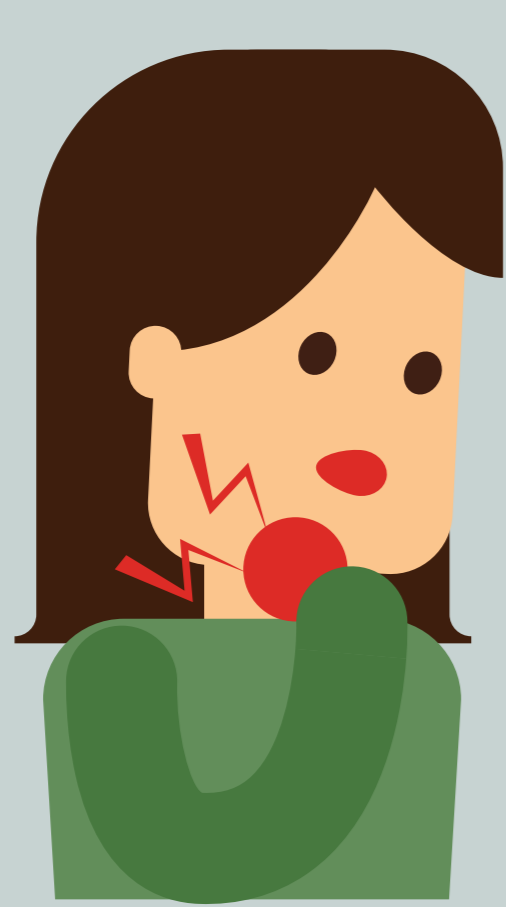


The single best way to prevent seasonal flu is to get the flu shot each year. Flu activity typically begins in October and peaks between December and February.

## SYMPTOMS



COUGH



SORE THROAT



FATIGUE



RUNNY NOSE



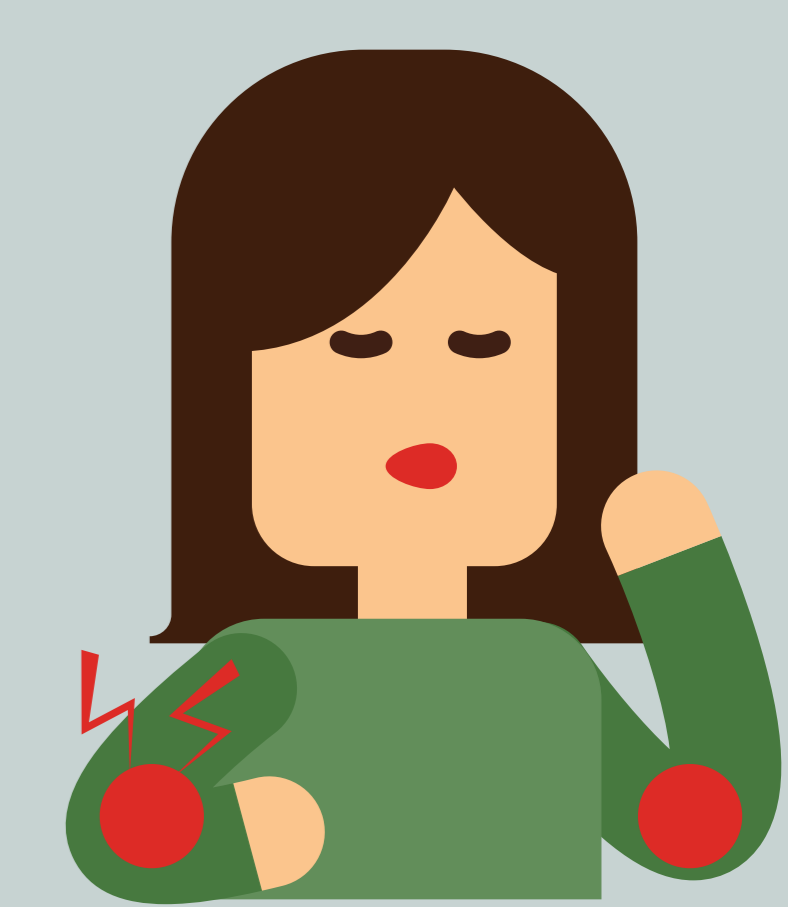
HEADACHE



SNEEZING

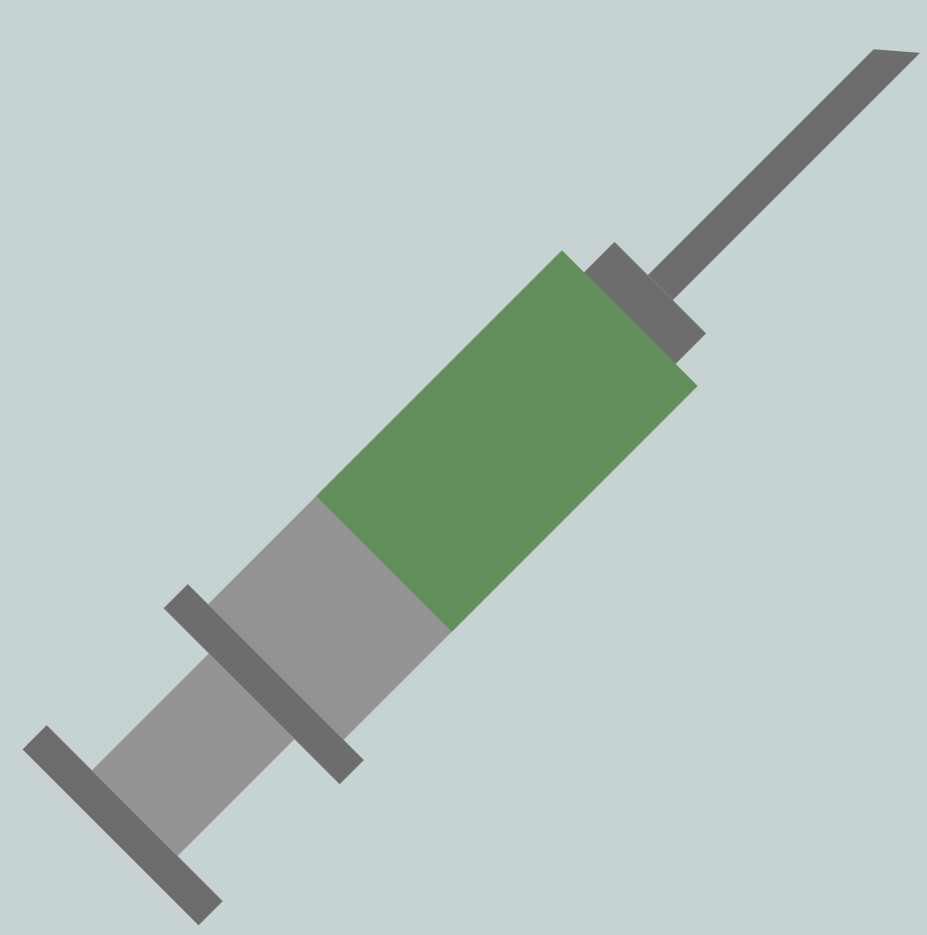


FEVER



BODY ACHES

## PREVENTION

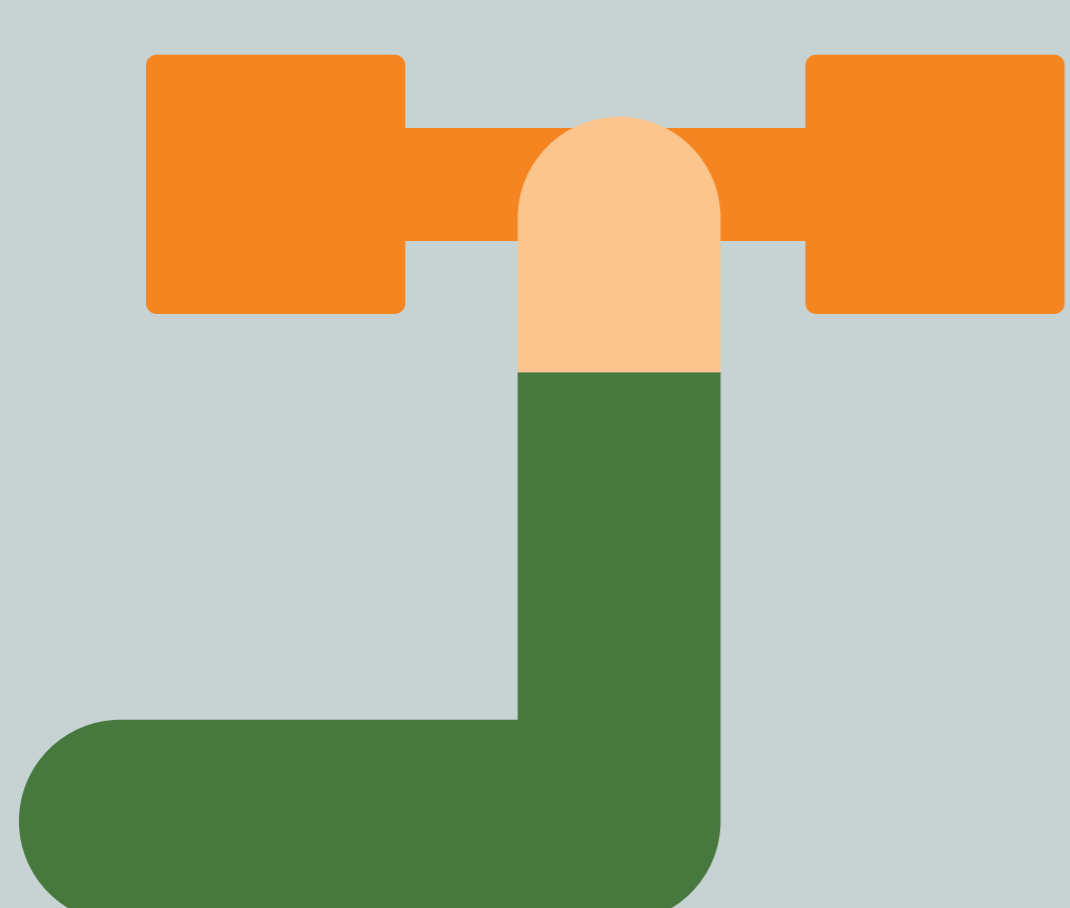


Get the flu shot!  
It's the number 1 thing you can do to prevent the flu.

Wash your hands – frequently, and for at least 10 seconds using soap and warm water.



Sanitize your work areas and items such as phones, doorknobs, light switches, and other items that are touched by many different people.



Strengthen your immune system by maintaining a healthy and active lifestyle, getting enough sleep, eating nutritious foods, and staying hydrated.

**MOST IMPORTANTLY: IF YOU HAVE ANY OF THE SYMPTOMS ABOVE, AVOID CONTACT WITH OTHERS TO CONTAIN THE SPREAD OF DANGEROUS GERMS!**

