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Public Health District

## News Release

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### **As we near flu season, businesses and employers are encouraged to be ready**

Flu is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and sometimes the lungs. It can cause mild to severe illness, and at times can lead to death. The best way to prevent flu is by getting a flu vaccine each year.

“Flu season is around the corner. We encourage businesses and employers to reach out before it hits your worksites to schedule an onsite flu clinic. We are happy to coordinate flu shots to help employees stay healthy during this flu season. If your employees are healthy, they will be more productive, and you will have a healthier and happier workforce!” Nicole Berosek, MS, Organizational Wellness Coordinator.

### **Flu Symptoms**

Influenza (flu) can cause mild to severe illness, and at times can lead to death. Flu is different from a cold. Flu usually comes on suddenly. People who have flu often feel some or all of these symptoms:

- Fever\* or feeling feverish/chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue (tiredness)
- Vomiting and diarrhea, though this is more common in children than adults.

\*It's important to note that not everyone with flu will have a fever.

Most experts believe that flu viruses spread mainly by tiny droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might get flu by touching a surface or object that has flu virus on it and then touching their own mouth, nose or possibly their eyes.

### **How do you prevent seasonal flu?**

**The first and most important step in preventing flu is to get a flu vaccine each year.** CDC also recommends everyday preventive actions (like staying away from people who are sick, covering coughs and sneezes and frequent handwashing) to help slow the spread of germs that cause respiratory (nose, throat, and lungs) illnesses, like flu.

**What can my employer do to keep employees safe and prevent the flu?**

- Host an onsite flu shot clinic
- Encourage and pay for flu shots
- Pay employees while getting their flu shot onsite
- Encourage management or leadership support

**If in doubt, reach out! We can assist with keeping your employees safe!**

You are invited to register for our Fall Safety and Wellness Conference, October 21st at the Harms Center in Scottsbluff, NE. We have many exciting speakers and interactive sessions to address mental health and resiliency for worksites, don't miss out. To register, visit <https://tinyurl.com/tukbpxkv>. Please note any unvaccinated attendees will be expected to wear a mask for the safety of all attendees. Also, COVID vaccines will be available the day of the conference.

For additional information about worksite wellness, visit [www.pphd.org/pwwc.html](http://www.pphd.org/pwwc.html) or call Davies at 308-487-3600. The Panhandle Worksite Wellness Council is proudly part of Panhandle Public Health District.

The Council specializes in supporting employers in the Panhandle region. We recognize that many employers support a diverse and remote workforce and offer innovative ways to overcome the challenge of working with a virtual team. We understand that many of our employers do not have full-time wellness resources and work to provide resources and training to make running a worksite wellness program as easy as possible.

Panhandle Public Health District is working together to improve the health, safety and quality of life for all who live, learn, work and play in the Panhandle. Our vision is that we are a healthier and safer Panhandle community.

Sources: <https://www.cdc.gov/flu/about/keyfacts.htm>, <https://www.doh.wa.gov/>, and <https://www.doh.wa.gov/Portals/1/Documents/8200/348-584-KnockOutFluPos-en-L.pdf>