Cold and Flu Safety Topic

This section addresses the health and safety risks associated with the common cold and flu (influenza) in the workplace.

General Information

Though both the common cold and flu present similar symptoms and both are respiratory illnesses, influenza can result in much more serious health problems (such as pneumonia, bacterial infections and even hospitalization). Promoting healthy habits and providing well being resources to employees can cut back on missed work due to illness.

Cold Vs Flu Symptoms

Due to the similar symptoms, it is easy for self misdiagnosis- however flu symptoms are more sever and intense than those of a cold. The young and elder are also more susceptible If you experience a high fever or prolonged symptoms one should seek medical attention.

Cold symptoms include sneezing, stuffy nose, sore throat, (*all of which are uncommon in the flu*) coughing up mucous and mild aches or tiredness.

Flu Symptoms include fever, dry coughing, chest discomfort, headache, severe tiredness and or chills.

Working While Sick

Both the cold and flu are highly contagious and easily transmittable; an employee(s) should not work in particular if they present a high fever, vomiting, or diarrhea. Influenza is a serious health hazard that can lead to death in certain situations. Special consideration should be taken for instances

where employees are involved in food service, care for the young or elderly, or in the healthcare industry.