Common Cold Stats and Facts

Ways to lower the risk of sharing cold and flu viruses at work.

1. **Call in sick when you need to.** Viruses are easy to spread in close quarters like offices. Stay home if you have any of these symptoms:
    - Fever
    - Headache
    - Extreme tiredness
    - Cough
    - Sore throat
    - Runny or stuffy nose
    - Muscle aches
    - Nausea, vomiting, and diarrhea
2. **Cover your mouth and nose when you sneeze or cough.** Viruses are mostly spread through mucus. Cover your mouth with the inside of your elbow so you don’t cough or sneeze into your hand.
3. **Wash your hands often with soap and warm water.** Rub them together for 15 to 20 seconds. If you can’t get to soap and water, use alcohol-based disposable hand wipes or gels.
4. **Don’t touch your eyes, nose, or mouth.** Germs are easy to pick up when you touch something with germs and then touch those parts of your face.
5. **Wipe down your desk and other common areas.** Telephones, desks, water fountain handles, microwave door handles, and computer keyboards in offices contain large amounts of germs.

STATISTICS

- Between 5% and 20% of Americans get the flu and miss a staggering 70 million work days as a result.
- Roughly $10.4 billion in direct costs for hospitalizations and outpatient visits for adults.
- Both the flu shot and the nasal flu vaccine work really well

to keep you from getting ill. But they aren’t 100% effective. You can still get sick even if you get vaccinated, although it’s usually less severe and goes away more quickly.