



Okanagan Indian
Band

Workplace Infection Prevention

With Influenza Season approaching and the continuous spread of Covid 19 and its variants, it's important that we are practicing personal protective measures at all times. Influenza is caused by viruses and is generally spread when an infected person coughs or sneezes. **Here are some simple precautions that help safeguard everyone's health:**

- ✓ **Get Vaccinated.** Flu shots are recommended yearly to help protect you from the influenza viruses that are circulating in the community. OKIB clinic dates to be announced in early October
- ✓ **Wear a mask.** mask-wearing can help reduce the spread of infections and keep waves of serious illness from overburdening our community
- ✓ **Stay home when you're sick or have influenza symptoms.** Get plenty of rest and check with a health care provider as needed
- ✓ **Avoid close contact with people who are sick.** If you are sick, keep your distance from others and wear a mask to protect them from getting sick
- ✓ **Good respiratory hygiene.** Covering the mouth and nose when coughing or sneezing, using tissues and disposing of them correctly
- ✓ **Wash your hands.** Washing your hands often will help protect you from getting sick. When soap and water are not available, use alcohol-based disposable hand wipes or gel sanitizers
- ✓ **Avoid touching your eyes, nose or mouth.** You can become ill by touching a surface contaminated with germs and then touching your eyes, nose or mouth
- ✓ **Practice other good health habits.** Get plenty of sleep, be physically active, manage stress, drink plenty of fluids, eat nutritious foods, and avoid smoking, which may increase the risk of serious consequences if you do contract the flu
- ✓ **Keep Workstations clean.** Setting daily reminders to wipe down your space & be sure to include your keyboard and phone
- ✓ **Clean and disinfect all surfaces and objects regularly.** Boardroom tables, lunch tables, door handles, counter surfaces, and light switches

For more information visit:

[Influenza \(Flu\) Season | HealthLink BC](#)

[Flu \(influenza\): Symptoms and treatment - Canada.ca](#)