

# Cold & Flu Season

Supervisor  
Crew  
Talk

The cold & flu season typically runs from late October to May

November							December							January							February							March							April						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S							
1	2	3	4	5	6	7	29	30	1	2	3	4	5	27	28	29	30	31	1	2	31	1	2	3	4	5	6	28	1	2	3	4	5	6	28	29	30	31	1	2	3
8	9	10	11	12	13	14	6	7	8	9	10	11	12	3	4	5	6	7	8	9	7	8	9	10	11	12	13	7	8	9	10	11	12	13	4	5	6	7	8	9	10
15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	15	16	14	15	16	17	18	19	20	14	15	16	17	18	19	20	11	12	13	14	15	16	17
22	23	24	25	26	27	28	20	21	22	23	24	25	26	24	25	26	27	28	29	30	21	22	23	24	25	26	27	21	22	23	24	25	26	27	18	19	20	21	22	23	24
29	30	1	2	3	4	5	27	28	29	30	31	1	2	31	1	2	3	4	5	6	28	1	2	3	4	5	6	28	29	30	31	1	2	3	25	26	27	28	29	30	1

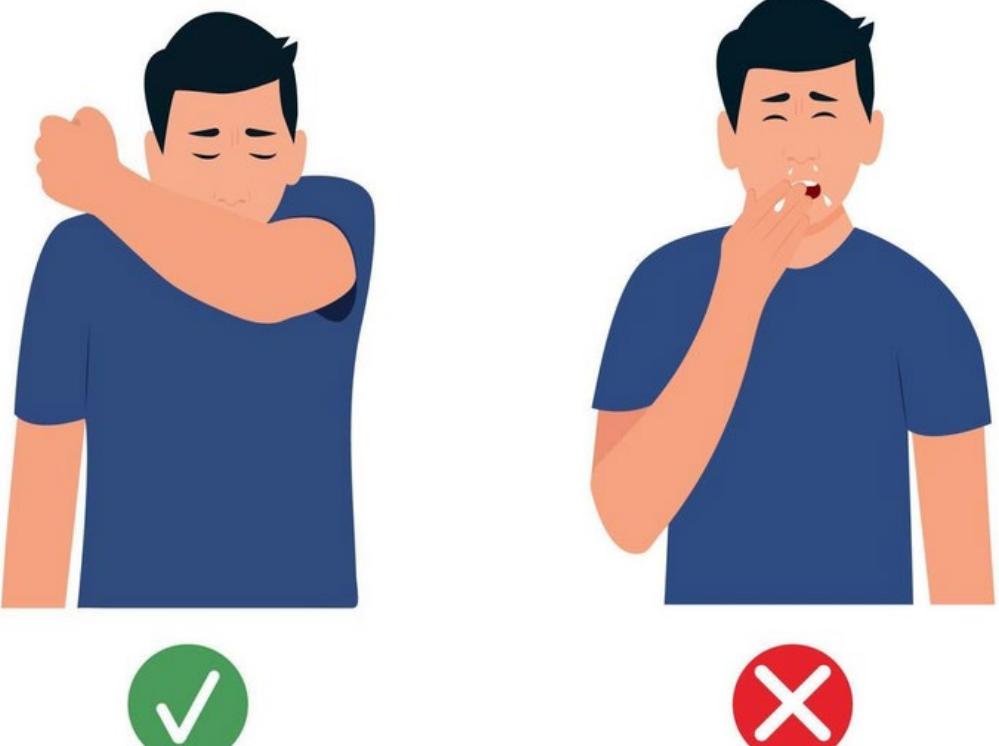
The flu spreads easily when people are indoors or in close quarters, and cold and flu viruses are often passed along from person to person and surface to surface in the workplace.



*Viruses are spread through mucus*

## To prevent the spread of cold and flu:

- Cover your mouth and nose with the inside of your elbow when you sneeze or cough.  
Don't cough or sneeze into your hands!



- Wash your hands with soap and water frequently throughout the day, and before eating. If it's not possible to wash your hands, use hand sanitizer.



- Clean or wipe down your work area and other common areas, such as telephones, door handles, keyboards, etc.

*"Safety is a core value and business priority"*



West Fraser