

HEALTHY WORKPLACE | OCTOBER SAFETY SEGMENTS



Keeping healthy and staying safe is important for our mind and body. Not only does getting sick take a toll on our daily life, but it also impacts our workplace and the safety of those who are around us. We must always remember take care to give care.

FLU AWARENESS

DIRECTIONS

Start out the discussion by setting the expectations for creating a safe space and being respectful of everyone's feedback. Show this video from the CDC: "[How does the flu make you sick?](#)" After everyone is done, use the guiding questions to facilitate a group discussion

SAFETY SEGMENT DISCUSSION

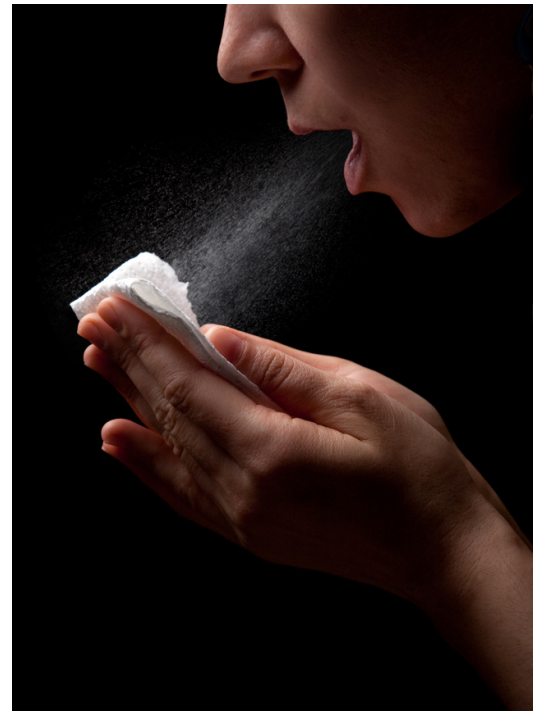
Guiding Questions:

- What causes the Flu?
- What does the virus trigger in your body?
- What are some ways we can prevent spreading the flu?

Alternative Activity:

Instead of the handouts, you can visit our [October safety campaign page](#) for short information about the flu.

What produces flu symptoms?



Follow the CCSA and check our other resources.

