

FLU AWARENESS | OCTOBER SAFETY SEGMENTS



Influenza (also known as “flu”) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. The CDC has reported that almost every year, the flu causes hundreds of thousands of people to be hospitalized. Flu signs and symptoms usually come on suddenly.

[How much do you know about the flu?](#)

You can spread the flu to others even before symptoms appear.

FLU SYMPTOMS

DIRECTIONS

Start out the discussion by setting the expectations for creating a safe space and being respectful of everyone’s feedback. Watch the video [Know the common symptoms of flu](#) and use the guiding questions to facilitate a group discussion.

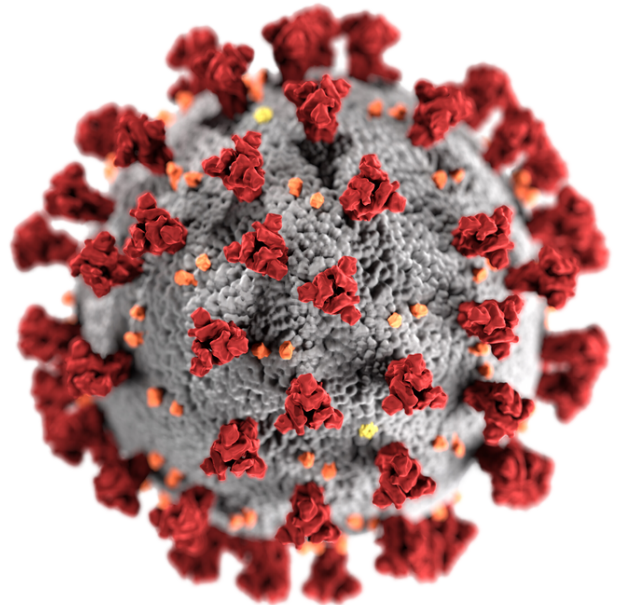
SAFETY SEGMENT DISCUSSION

Guiding Questions:

- When do you usually feel flu symptoms?
- What are some examples of flu symptoms?

Notes to the Team Leader:

- Facilitate an atmosphere of support and openness to feedback by encouraging the staff to share experiences or opinions without fear of reprisal.



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