

# FLU AWARENESS | OCTOBER SAFETY SEGMENTS



There are multiple precautions one can take to reduce the risk of spreading Influenza. Some of those precautions include practicing good health habits and finding out about your employer's prevention plans. Using multiple methods of prevention is one of the most effective ways to prevent germs from spreading between people. Use this segment to ensure you are aware of different ways to protect yourself and others.

## REDUCE THE SPREAD OF INFLUENZA

### DIRECTIONS

Start the discussion by setting the expectations for creating a safe space and respecting everyone's feedback. Print out or show an electronic copy of the [How to Reduce the Spread of Influenza](#) infographic by the CCSA. After everyone is done, use the guiding questions below to facilitate a group discussion.

### SAFETY SEGMENT DISCUSSION

Guiding Questions:

- What are some ways to reduce the spread of influenza?

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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