

FLU AWARENESS | OCTOBER SAFETY SEGMENTS



Influenza, also known as the flu, is a virus that causes an infection of the nose, throat, and lungs. It can be spread through by touching objects that have been coughed or sneezed on by someone with the virus. It can even be spread through the air. Most people who get sick with influenza will recover, but in some cases, it can require hospitalization. All Albertans from 6 months and older are encouraged to get an influenza immunization each year. The influenza vaccine is free of charge and it is essential for seniors, pregnant women, or anyone else who has a compromised immune system.

IMMUNIZATION

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 [Influenza \(flu\) Vaccine](#) informational page by the Alberta Health Services. After everyone is done, use the guiding question below to facilitate a group discussion.

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- Who gets a higher dose of the vaccine?
- Who SHOULD NOT get the vaccine?
- Who SHOULD get this vaccine?
- What does this vaccine protect you from?

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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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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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.

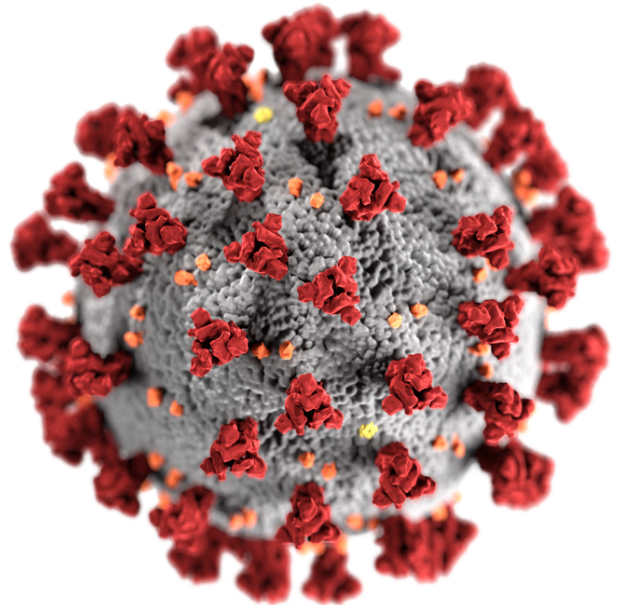
SAFETY SEGMENT DISCUSSION

Guiding Questions:

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

Notes to the Team Leader:

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FIRE PREVENTION | OCTOBER SAFETY SEGMENTS



It is crucial to be prepared for emergencies and disasters so we are aware of what we need to do and where to go. Ensuring we are prepared in advance will keep us comfortable, and safe, which will then help us get back to our day-to-day life. In order to have Emergency Response Plans that work, keep up with all practice drills. Use the feedback given from staff and residents from these practice drills to identify the need for more training, if anyone was aware of the drills, or any other opportunities for improvement.

TIPS ON HOW TO INCLUDE RESIDENTS AND FAMILY IN EMERGENCY DRILLS

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 [ERP Emergency Response Plans](#) infographic created by the CCSA. This infographic was adapted by the presentation created by James Harris from the Meridian Housing Foundation.

After everyone is done, use the guiding question below to facilitate a group discussion.

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- What is an Emergency Response Plan?
- What information can we share with residents and family members if they need to respond to an emergency?
- What should evacuation routes look like?

Notes to the Team Leader:

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FIRE PREVENTION | OCTOBER SAFETY SEGMENTS



Develop a detailed [emergency plan](#) at work and home for yourself and your family that everyone understands.

- Identify escape routes, meeting points, and important contact numbers.
- Talk about what you would do, where you would go, and how you would stay in touch if you are not together or at home when an order is issued.

FIRE DRILLS

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 Fire Drills by the [Safety Codes Council](#).

After everyone is done, use the guiding question below to facilitate a group discussion.

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- How often do we need to have fire drills?
 - What are some exceptions?
- What is an NFC(AE) requirement?
- What are some requirements for fire drills?
- Why are fire drills important?

Notes to the Team Leader:

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