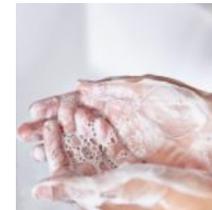




## Safety Message of the Day for IMEA Members



### Flu Season Safety Message

With the start of flu season in October, it is important to protect yourself and coworkers from the risks of the flu virus. You can follow these simple steps to help protect yourself, your coworkers and your family.

1. Get vaccinated. Flu vaccines are the single most effective means we have to prevent flu and/or severe illness. With hospitals severely burdened by the pandemic, you want to avoid flu-related hospitalizations.
2. Avoid close contact with persons who are sick and limit your contact with others if you are sick.
3. Cover your coughs and sneezes. Cover your mouth with a tissue when you cough or sneeze then throw the tissue away. Wash your hands often with soap and water for at least 20 seconds.
4. Avoid touching your eyes, nose, and mouth. Germs can easily enter and exit your body through these routes.
5. Clean and disinfect surfaces and objects that may be contaminated.