



# The Safety Zone

The Newsletter of the AHA Workers' Compensation Self-Insured Trust

## Do you know your flu facts?

*Some answers may surprise you*

Take the Occupational Safety and Health Administration's seasonal flu quiz.

1. A flu vaccine cannot give you the flu. **True or False**
2. The "stomach flu" and influenza are the same thing. **True or False**
3. Getting a flu vaccine later than December is not too late. **True or False**
4. Flu viruses change constantly, which requires that a new flu vaccine be produced each year. **True or False**
5. Washing your hands is the best thing you can do to protect against the flu. **True or False**
6. The flu vaccine protects against three strains of flu. **True or False**
7. The flu is typically spread through droplets from coughs and/or sneezes. **True or False**



"A flu vaccine? Oh man, I hate needles."

8. The flu is not a serious illness. **True or False**
9. The flu vaccine is available as a shot or a nasal spray. **True or False**
10. You can spread the flu to others before you have symptoms. **True or False**

*Continued*

### news & notes

#### FLU FIGHT

The Occupational Safety and Health Administration recommends that you:

- **Get vaccinated.**
- **Stay home if you're sick.** The Centers for Disease Control and Prevention (CDC) recommends that those who have a fever and respiratory symptoms stay home until 24 hours after their fever ends without the use of medication.
- **Wash your hands frequently.** Use soap and water and wash for a full 20 seconds. If they are not available, use an alcohol-based hand rub.
- **Avoid touching the nose, mouth, and eyes.**
- **Cover coughs and sneezes with a tissue,** or cough and sneeze into your upper sleeve.
- **Keep frequently touched common surfaces clean,** such as phones and computer equipment.
- **Try not to use a coworker's phone,** desk, office computer, or other work tools and equipment. If you must, clean the device first with a disinfectant.



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### Do you know your flu facts?, Continued

#### ANSWERS

1. True. The viruses in the vaccine are either killed (flu shot) or weakened (nasal spray vaccine), which means they cannot cause infection.
2. False. The flu is a respiratory (lung) disease. Flu symptoms are fever (usually high), headache, extreme tiredness, dry cough, sore throat, and muscle aches. Stomach symptoms can occur but are more common in children than adults.
3. True. The Centers for Disease Control and Prevention (CDC) recommends that people get vaccinated as soon as a vaccine is available and that vaccinations continue through the season. Flu activity usually peaks in February, but can occur as late as May.
4. True.
5. False. CDC recommends a flu vaccine as the most important step in protecting against the flu. However, preventive actions like covering your cough and washing your hands are important steps to help stop the spread of germs.
6. True. The flu vaccine protects against the three main flu strains that research indicates will cause the most illness during flu season.
7. True.
8. False. Flu is a serious contagious disease. Each year in the United States, more than 200,000 people are hospitalized from flu complications and 36,000 people die from flu.
9. True. The nasal spray flu vaccine is an option for healthy people ages 2 to 49 years old who are not pregnant.
10. True. Most healthy adults may be able to infect others beginning 1 day before symptoms develop and up to 5 days after becoming sick.

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### Got News?

Do you have news that needs to be circulated or have a subject you would like for us to address? Let us know by emailing the newsletter editor at [tcreel@arkhospitals.org](mailto:tcreel@arkhospitals.org).

AHA Workers' Compensation Self-Insured Trust Program is administered by Risk Management Resources (RMR), a division of BancorpSouth Insurance Services, Inc. [www.bxsi.com](http://www.bxsi.com). In March 2003 the AHA Workers' Compensation Self-Insured Trust was established. The program provides workers' compensation coverage to AHA members.

Risk Management Resources, the administrator for the program, assists members in the areas of claims management, safety and loss control. Tina Creel, Vice President of AHA Services, Inc., is the Group Manager of the Trust and provides oversight of the day-to-day operation of the Trust.

The Board of Trustees provides oversight of the overall operation of the Group Trust.