

THE WAVE INTERNATIONAL, LLC

CDC FACT SHEET FOR STOPPING GERMS AT HOME, WORK AND SCHOOL

Independent Contractor Name (including middle initial, if any):

I have received and will review the CDC Fact sheet regarding How to stop germs related to the Flu (Influenza) virus. I understand if I have any questions I will contact my supervisor. If I have any flu type symptoms, I will report them to my supervisor as soon as possible. I understand that I should also report any symptoms reported to me or demonstrated by any client.

Symptoms of Flu include but are not limited to the following: fever, lethargy, loss of appetite, cough, runny nose, sore throat, nausea, vomiting or diarrhea.

Independent Contractor Signature

Date

Print Name

Stopping the Spread of Germs at Home and Work

Good Health Habits

Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

Stay home when you are sick.

If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

- Cover Your Cough
Stop the Spread of Germs that makes you and others sick.

Clean your hands.

Washing your hands often will help protect you from germs.

- Handwashing: Clean Hands Save Lives
Tips on hand washing and using alcohol-based hand sanitizers
- Wash Your Hands Often
Brochures and posters from "An Ounce of Prevention" campaign
- Clean Hands Campaign
Facts and survey results, educational materials from American Society for Microbiology's "Clean Hands" campaign
- Consumer Advice: Clean: Handwashing
Links to lots of educational materials, including those for parents, schoolchildren, and health care workers. From www.foodsafety.gov
- It's a SNAP Toolkit: Handwashing
Handwashing materials. Part of It's A SNAP program aimed at preventing school absenteeism. From the School Network for Absenteeism Prevention, a collaborative project of the CDC, the U.S. Department of Health and Human Services and the Soap and Detergent Association

Avoid touching your eyes, nose or mouth.

Most experts believe that flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby. Less often, a person might also get flu by touching a surface or object that has flu virus on it and then touching their own mouth, eyes or nose.

Stop the Spread of Germs

Healthy habits can protect everyone from getting germs or spreading germs at home, work, or school.

Clean and disinfect surfaces or objects.

Cleaning and disinfecting surfaces and objects that may be contaminated with germs like the flu can help slow the spread of influenza.

Get Vaccinated

The single best way to prevent the flu is to get a flu vaccine each season. The seasonal flu vaccine protects against the influenza viruses that research indicates will be most common during the upcoming season. There are several flu vaccine options for the flu season:

<https://www.cdc.gov/flu/about/season/current.htm>