



# CCIS TOOLBOX TALKS

## Flu & Illness Precautions

The flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illnesses, and sometimes can lead to death. Take everyday preventive actions to stop the spread of germs. The CDC recommends regular vaccinations and:

- Cover your nose and mouth with a tissue when you cough or sneeze.
- Throw the tissue in the trash after you use it.
- Wipe down desks and phones with sanitizing wipes
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.\*
- Wash your hands or utilize hand sanitizer before and after eating or smoking.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Avoid close contact with ill people.
- If you're sick, stay home.



### Effective Hand Washing



Use soap and running water.



Rub hands and forearms for 20 seconds.



Rinse thoroughly



Dry with a clean towel

Do you have hand washing stations at your facility?

What supplies do you need at your facility to prevent spreading illness?

Document any safety observations and corrective actions on the "Safety Observation" sections of the sign in sheet. scan completed document and send to : [jspivak@ccpipeline.com](mailto:jspivak@ccpipeline.com).



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Location:	Date:
Manager:	Meeting Lead:

Name	Title

Other Topics

Safety Observation:

Safety Observation:

Safety Observation: