



SAFETY THEME

LOCAL GOVERNMENT RISK MANAGEMENT SERVICES, INC., – A Service Organization of the ASSOCIATION COUNTY COMMISSIONERS OF GEORGIA and the GEORGIA MUNICIPAL ASSOCIATION

The Safety Theme program is designed to help you get an important safety message across to all employees in a simple-to-use format that can be completed each month.

Monthly Poster Theme

Make copies and post them wherever you will get the most impact.

Safety Theme Article

The article expands on the poster message for the month. Make copies and hand them out to each meeting participant.

In This Issue:

Participant Sign-In Sheets: Use the sign-in sheet to document your safety training.

Suggested Agenda for the Monthly Safety Meeting:

- > Assemble the participants.
- > Hand out copies of the article and pass around the sign-in sheet.
- > Read the Safety Theme aloud.
- > Discuss aspects of the theme relevant to the department, with examples. Ask for ideas and encourage participation.



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September 2019

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Prevent the Flu



***Good Health Habits
Help Stop Germs!***

Preventing the Flu: Good Health Habits Can Help Stop Germs

The single best way to prevent seasonal flu is to get vaccinated each year. But good health habits – like covering your cough and washing your hands often – can help stop the spread of germs and prevent respiratory illnesses like the flu. There are antiviral drugs that can be used to treat and prevent flu, too.

Here's the top tips to help stay healthy, and to keep your friends, family, and coworkers healthy, too.

Avoid Close Contact

Avoid close contact with people who are sick. If you are sick – or think you might be – 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. This will help prevent spreading your illness to others.

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.

Keep Your Hands Clean

Washing your hands often will help protect you from germs. If soap and water are not available, use an alcohol-based hand rub (hand sanitizer).

Avoid touching your eyes, nose or mouth

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth. If you're sick, avoid touching your face to minimize your chances of spreading your germs.

Practice Other Good Health Habits

- Clean and disinfect frequently touched surfaces at home, work, and school, especially when someone is ill.
- Get plenty of sleep.
- Get and stay physically active
- Manage your stress.
- Drink plenty of fluids.
- Eat nutritious food.





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A Service Organization of the Association County Commissioners of Georgia and the Georgia Municipal Association

This Issue:

Flu Prevention

