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6 WAYS TO PREVENT SEASONAL ILLNESS AT WORK

Small daily habits can help strengthen your immune system, reduce your risk of illness, and minimize sick days during cold and flu season.

1 STAY UP TO DATE ON VACCINATIONS

Protect yourself before illness strikes.

- Annual flu vaccination is the most effective way to reduce your risk of flu and its complications.
- Vaccines help protect both you and your coworkers.
- Consider recommended COVID-19 and RSV vaccines if eligible.

2 WASH AWAY GERMS

Good hygiene stops viruses from spreading.

- Wash hands with soap & water for at least 20 seconds.
- Use hand sanitizer when handwashing isn't available.
- Avoid touching your eyes, nose and mouth.
- Disinfect frequently touched items like keyboards & phones.

Workplace Hotspots: Break rooms, conference rooms, shared equipment, elevators and door handles

3 PRIORITIZE QUALITY SLEEP

Your immune system does important work while you sleep.

- Adults need 7 to 9 hours of sleep each night.
- Consistent sleep supports immune function.
- Poor sleep may increase inflammation and weaken immune responses.
- Go to bed and wake up at the same time daily.
- Limit screen time before bed.
- Avoid caffeine late in the day.
- Keep your bedroom cool, dark and quiet.

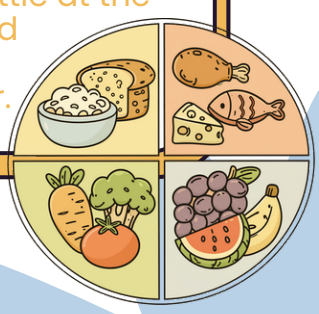
4 FUEL YOUR BODY FOR BETTER DEFENSE

Healthy habits help your body fight illness. Add:

- Fruits/vegetables
- Whole grains
- Lean proteins
- Healthy fats
- Water

Hydration helps transport nutrients throughout the body. Indoor heating can increase dehydration during colder months.

Quick Tip: Fill a water bottle at the start of your workday and keep it visible on your desk, drinking every hour.



5 MANAGE STRESS BEFORE IT MANAGES YOU

Chronic stress can impact immune health & healthy decision making.

5 Minute Stress Busters:

- Take a walking break.
- Practice deep breathing.
- Step outside for fresh air.
- Connect with a friend or coworker.
- Use PTO to recharge.

Did You Know?
Stress can contribute to poor sleep, unhealthy eating habits & reduced physical activity.

6 MOVE MORE & IMPROVE AIR QUALITY

Add these overlooked illness-prevention strategies:

- Regular physical activity supports overall health & immune function.
- Even short walks throughout the workday can help reduce stress & boost energy.
- Open windows when possible.
- Increase ventilation.
- Use air filtration systems.
- Fresh, cleaner air can reduce exposure to respiratory viruses.

SMALL HABITS. BIG IMPACT.

- **Vaccinate**
- **Wash hands frequently**
- **Sleep 7 to 9 hours**
- **Eat well and hydrate**
- **Manage stress**
- **Stay active & improve air quality**

The result: Fewer sick days, improved productivity and better overall well-being!

DISCOVER YOUR HEALTH
HealthDiscovery.org

Sources:
Centers for Disease Control and Prevention (CDC), National Institutes of Health (NIH), Mayo Clinic Health System, Harvard T.H. Chan School of Public Health & the American Psychological Association (APA)