

Workplace Health

The workplace is an important setting for health protection, health promotion, and disease prevention programs. On average, Americans working full time spend more than one third of each day, five days per week, at the workplace.

While employers have a responsibility to provide a safe and hazard-free workplace, they also have abundant opportunities to promote individual health and foster a healthy work environment for more than 159 million workers in the United States (Accessed US Bureau of Labor Statistics April 12, 2016).

The use of effective workplace programs and policies can reduce health risks and improve the quality of life for American workers.

To improve the health of their employees, businesses can create a wellness culture that is employee-centered; provides supportive environments where safety is ensured, and health can emerge; and provides access and opportunities for their employees to engage in a variety of workplace health programs.

Examples of our workplace health program components include:

- Health education classes
- Access to local fitness facilities
- Employee health insurance coverage for appropriate preventive screenings
- A healthy work environment created through actions such as making healthy foods available and accessible
- A work environment free of recognized health and safety threats with a means to identify and address new problems as they arise
- Company sponsored Yoga classes on premises
- Company sponsored vaccinations offered on premises

ILLNESS

Despite our best efforts, sickness happens. Going to work when you're sick or when you aren't up to par increases the risk you will spread your illness to others. Those at greatest risk of picking up your bugs are infants under six months of age, pregnant women, people with chronic medical conditions, people undergoing chemotherapy treatment, or people with compromised immune systems. For these people, catching a cold or flu often can lead to complications and even hospitalization or death.

The Centers for Disease Control and Prevention suggests staying home until you have been fever free for at least 24 hours without the use of a fever reducer. Otherwise, consider how going to work might extend your illness and recklessly spread your illness to others in your work environment.

If you do report to work when not feeling well or at the beginning of sickness, says the CDC, avoid close contact (no shaking hands or high-fives); cough or sneeze into a tissue — or, when unavailable, the upper part of a shirt sleeve covering both mouth and nose; wash hands frequently; and disinfect surfaces you touch frequently such as doorknobs or the office coffee pot.

Spending a day or two at home, resting and treating your illness, may be the best medicine to avoiding complications or a lengthier illness. When staying at home doesn't help, and if your

symptoms persist or worsen despite two to three days at home, call your doctor. We have setup many options as a workplace for remote access to work functions as well as teleconference directly to doctor.

HEALTH RISKS

Following these guidelines will help reduce your health risks:

- Practice good hygiene
- Wash hands frequently with soap and warm water (20 seconds)
- Keep hands away from mouth, nose, eyes
- Don't share personal items (drinks, phones, etc.)
- Follow Cough and Sneeze etiquette
- Cough and sneeze into the fabric on your upper arm or elbow
- Clean hands after using disposable tissue (dispose of tissue properly)
- Refrain from using Handkerchiefs; they are not recommended
- Get a flu shot in the fall for a season of protection
- Takes 2 weeks for full immunity
- Not for everyone (allergic to eggs, younger than 6 months, previous reaction)

Work or Stay home

- Fever? > 100° F
- Pain? On pain medication?
- Dizzy or unstable?
- Vomiting and/or Diarrhea?
- Contagious illness?
- Medical recommendation?