



PLAYING IT

SAFE

Be safe and healthy on the job with these helpful tips provided by Peabody Insurance Agency

Fighting the Seasonal Flu

Help keep our restaurant staff healthy

During flu season, influenza is a serious health concern in our restaurant. You work closely and come in direct contact with others frequently, which means germs and bacteria can spread easily from person to person. If you work directly with patrons, your job is even more high risk during flu season as they may not observe the same hygienic practices as our staff.

The best strategy for reducing your risk of becoming ill with a virus when working in a crowded setting is to observe good hygiene and distancing precautions, such as the following:

- Stay home from your shift when you have a fever or other flu symptoms.
- Wash your hands frequently with soap and warm water for at least 20 seconds or use a hand sanitizer (if soap and water are not available).
- Avoid touching your nose, mouth and eyes.
- Cover your coughs and sneezes with a tissue. Then, dispose of the tissue in a no-touch trash bin.
- Wash your hands or use a hand sanitizer after coughing, sneezing or blowing your nose.
- Avoid close contact with co-workers and customers (stay six feet away whenever possible).
- Avoid shaking hands and always wash your hands after physical contact with others.
- Keep frequently touched surfaces such as cash registers, order touch screens, computer keyboards, countertops, etc. clean.
- Try not to use other staffers' personal items, cook tools, etc.



Do Your Part

If you spot an unhealthy housekeeping issue, or notice that an area is out of soap, sanitizer or tissues, alert your shift manager. It takes a team effort to keep our workplace healthy.