

SAFETY & WELLNESS UPDATE



Flu season is upon us! Knowing how to prevent the spread of flu is important.

Did you know that the flu virus can be spread person to person when someone who has the virus coughs, sneezes and talks? In fact, it may even spread when you touch a surface that was previously touched by someone who has the flu virus.

First, receiving the flu vaccine is one very important way to prevent the flu. Lexington has a **FREE Employee Flu Vaccine Clinic scheduled for this Friday during the Benefits Fair at 127 E. State St, Gloversville, 10AM to 2PM.** If you have not received your flu vaccine, now is the time. This will help you protect yourself, your loved ones and the people you support. By getting the flu shot, you may save a life.

In addition to the flu vaccine, there are many other ways to prevent the spread of the flu. Here is a brief list of measures you can take to help:

- Wash your hands frequently.
- Cover your coughs and sneezes with your sleeve or a tissue.
- If you are showing signs of influenza, please use benefit time available to you and call out for the protection of those you work with and support.
- Disinfect environmental services such as phones, key boards and door handles at least daily.
 - **Staff in offices at our program sites** may contact the Custodial staff at your location to obtain Clorox wipes for disinfecting the hard surfaces of your office space. **In order to ensure proper disinfection of any surface, it must be cleaned first. Once the surface is clean, wipe it down with the Clorox wipe and let stand until surface dries.**
 - **Residential and Day Program staff**, please be sure to reference the disinfection placards posted throughout your site to ensure you are disinfecting as necessary and with the appropriate product. **(Disinfection frequency is not limited to the times listed on these placards. This is the minimum that a surface must be disinfected).**

If you are caring for someone who has the flu, frequently wash your hands. In the event that you are supporting someone with the flu, you will be instructed on precautions as directed by your nurse to include when to wear a mask, gloves, etc.

By using these preventative measures, you are contributing to the health and safety of everyone at Lexington!

If you have any questions, please contact Michelle Peryea at (518) 775-5420.