

# Cold Weather Health & Safety Notes

## Let it Snow... Let it Snow!

### What you should do to avoid the FLU

- An annual seasonal flu vaccine (either the flu shot or the nasal spray flu vaccine) is the best way to reduce the chances that you will get seasonal flu and spread it to others.
- Wash your hands for 20 seconds with soap & water or alcohol hand cleaners.
- Cover your mouth and nose with a tissue when you cough or sneeze, or use your arm or shoulder.
- Don't touch your eyes, nose or mouth.
- Know the symptoms of the flu: Fever, coughing sore throat, runny or stuffy nose, headaches, body aches, chills, fatigue. In some cases vomiting and diarrhea.
- Stay home when you feel ill for 24 hours after your fever subsides.
- Avoid close contact with sick people.

### Wisely use space heaters and electrical appliances

- If your work area is too cold, contact your building supervisor.
- If you use space heaters, they must be Underwriters Listed or Factory Mutual approved.
- Keep space heaters at least three feet from anything that can burn.
- Heaters must have a tip-over automatic shut down feature.
- Turn off heaters when you leave the room.
- Do not use extension cords or "daisy-chained" power strips because of the risk of overheating.
- Replace electrical cords that are cracked, damaged, have broken plugs, or have loose connections.

### Keep smoke and exhaust outdoors

- Smokers should take precautions to prevent second hand smoke from entering campus buildings. Smoking is allowed in outdoor areas, as long as it is a reasonable distance from entranceways, passageways, operable windows or ventilation systems of public places. (UW Regulation 2-180).
- Do not leave vehicles running (including snow removal equipment) near building fresh air intakes.

### Holiday tips

- Candles are prohibited in campus buildings. Fresh-cut trees are highly discouraged.
- Do not leave festive lights and other electrical decorations running when you leave the room.
- Practice good food hygiene at holiday office gatherings. (Wash hands thoroughly, keep food at proper storage and serving temperatures, avoid unpasteurized egg products, etc.)



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