



PARTNERING WITH TOWNSHIPS

TOWNSHIP OFFICIALS OF ILLINOIS RISK MANAGEMENT ASSOCIATION

# RISK REMINDER

## Preventing Illness Colds & Flu



- Stay home until you are better – especially if you have a cough or fever (at least 24 hours after the fever has passed).
- Sneeze/cough into a disposable Kleenex or in the crook of your elbow (not in your hand). Immediately dispose of the Kleenex.
- Practice good hand-washing:
  - Wet hands with running water; place soap in palms; rub together to make a lather; rub hands together vigorously for minimally 15 seconds, including under the nails; then rinse.
  - Don't use hot water as this increases dermatitis risk.
  - Turn off the faucet by using a disposable paper towel.
  - Dry your hands with a disposable paper towel. Do not dry hands on clothing.
  - Wash hands before eating, after bathroom use and after using a Kleenex etc.
- Can I use antiseptic hand cleansers or towelettes?
  - Yes – but ONLY use when a hand washing facility is not feasible.
  - Make sure you use these with clean cloth/paper towels.
  - Wash hands with soap & running water as soon as possible.

**For more information, contact your Loss Control Consultant at (888) 562-7861**

CLAIM REPORTING HOTLINE (844) 562-2720 | Available 24/7