Message from the New Jersey Department of Health about Seasonal Influenza

New Jersey and the nation are currently experiencing high levels of flu activity. Influenza can cause serious illness and in some cases death.

Flu is a common illness that affects our US workforce, more than 17 million workdays are lost to flu-related illness annually.

Businesses can reduce the impact of flu, by encouraging workers to get vaccinated. It isn’t too late to get vaccinated. Flu activity usually peaks between December and February, but it can last as late as May. As long as flu viruses are spreading and causing illness, vaccination provides protection against the flu and will be available throughout the season.

Advise sick employees to work from home if possible. Ill employees should be separated from other employees. Promote protective measures: cover coughs and sneezes; avoid touching hands to mouth, nose and eyes; wash hands frequently and use hand sanitizer.

For more information on where to find flu vaccine, visit the Department’s flu website nj.gov/health/cd/topics/flu.shtml

Follow the New Jersey Department of Health on Twitter @njdeptofhealth, Facebook /njdeptofhealth, Instagram @njdeptofhealth and Snapchat @njdoh for flu-related information and updates.