

# 49% Say They're Haven't Gotten a Flu Shot & Don't Plan to Get One



It's that time of year again. No, not the holidays' flu season.

One of the most effective way to avoid getting sick is to get a flu shot. But when we asked in a recent poll if you'd gotten a flu shot yet, 49% said, 'No and I don't plan to get one.'

Thankfully, 39% have already gotten vaccinated, while another 12% said they hadn't yet but planned to get a flu shot.

Keeping employees healthy is important because just one sick worker can infect half the workplace. So what can you do to protect workers from getting the flu and/or passing it on to co-workers'

First, share these six basic personal hygiene rules with workers:

1. Avoid touching your face with your hands, especially after coming into contact with public surfaces such as door handles, stair rails, debit machines, etc.
2. If you're sick, stay home.
3. If you must go out, try to avoid crowded areas or seat yourself away from others to avoid spreading your infection. (And practice [proper cough etiquette](#).)
4. Clean frequently touched surfaces at home, work or school, especially when someone is ill.

5. Eat nutritious meals, exercise and get lots of rest'your body needs good nutrition and plenty of rest to help prevent infections.
6. Get the flu shot to help reduce the risk of catching influenza.

Also, go to the OHS Insider's [Pandemic & Flu Planning Compliance Centre](#) for more information on your duty under the OHS laws to protect workers from the flu and tools to help you do so.