



Battle of the Bugs

Recent years have found us combating infectious diseases at home, school, work and play. Headlines and television news now frequently mention outbreaks of MRSA (methacillin resistant staph aureus) also referred to as a “super bug”. We have already had several minor lacerations become infected with MRSA and it can prove a costly claims challenge to manage.

Last year, Oklahoma Department of Health announced our seasonal influenza reached true “epidemic” proportions. International planning is in place for a predicted worldwide outbreak of “pandemic” flu, which could rival or surpass the Spanish influenza of 1918 (50 millions deaths worldwide). Locally, a recent outbreak of E. coli infected 314 individuals with 17 requiring dialysis and causing one death.

So what can we do about these health issues? One common denominator becomes clear - hygiene. Now is the time to put hygiene and good house keeping techniques at the top of the prevention page for your work place. The primary route of transmission is through air, our hand and contaminated objects.

At a minimum, insist your employees practice the following:

- * Hand hygiene - wash hand thoroughly (15-20 seconds) and often!
- * Keep hand sanitizer close to areas where menus or money are handled.
- * Respiratory hygiene - remind employees to cough or sneeze into elbow or armpit area or cover nose/mouth with tissue.
- * Social distancing - when possible keep 4-6 feet between workers and customers. Rearrange workspaces if conceivable.

Prevention is the key and now is the time to “ramp up” our defenses. The health of our selves, our employees and our customers depends on it! If you need more prevention information, give us a call.

REMEMBER - A healthy workplace leads to a healthy bottom line!