



# COLDS? INFLUENZA? SWINE FLU?

## Better safe than sorry!

The old adage of "prevention is better than cure" is truer than ever when it comes to colds and flu. For every employee who has to have a sick day, how many more are coughing, sniffing and next in line to catch the latest lurgy going around the office?

Education remains the most effective method of preventing the spread of cold and flu germs in (and out of) the workplace. Healthworks can help you educate and motivate your staff to contain contagion and easily maintain hygiene standards that will minimise the effect to the cold and flu season in your workplace.

We have a range of publications and services designed to deliver the Winter Wellness message in a fun and understandable way. It's as easy as 1-2-3!

### Winter Wellness Booklet

This booklet has 12 pages of practical advice that your staff can apply both at work and home. Help your employees understand the nature of colds and flu, clarify confusion surrounding prevention methods such as vaccination, and provide tips on healthy diet and proper hygiene.



### Winter Wellness Posters

These posters emphasise proper hygiene and health protection strategies to keep workers safe. Put it on the wall and get it on their minds!



### Winter Wellness Seminars

Holding a winter wellness seminar at your workplace will further drive home winter health protection strategies and make your entire workforce aware of good health and hygiene practices.



Register your interest on the next page!

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