


4 DEFENSIVE PLAYS TO SUPPORT YOUR WORKFORCE DURING FALL AND FLU SEASON



Cooler temperatures signal the start of the football season and the kickoff of flu and cold season. Staying healthy requires an all-star team effort, not a second-string defense. Consider these plays to help your workforce defend itself in the months ahead.

Influenza vaccines. While influenza can strike at any time, cases ramp up from October to February. The Centers for Disease Control and Prevention (CDC) [recommends](#) most individuals six months or older receive an annual flu vaccine. Employers can encourage vaccination or host [flu vaccination clinics](#), per CDC guidelines.

Sleep. Everyone's playbook should include getting enough sleep. Poor [sleep hygiene](#) has been linked to weakened immune systems. Adults should aim for at least 7 hours of sleep every night. Employers can encourage a healthy work/life balance so employees can go home stress-free, essential to a good night's sleep.

Biometric screenings. The best defense is a good offense. Make sure your employees are on top of their game with routine biometric screenings. Biometric screenings evaluate key health indicators in individuals and can help with early detection of potential health problems. To learn more about coordinating onsite screenings consult with your benefits consultant.

COVID-19 vaccination and testing. COVID-19 has earned a spot on the roster for illnesses to guard against. Individuals who have already received their primary vaccination doses can run it back and receive a [COVID-19 booster](#) shot to protect against the Omicron variant. Earlier this year the Supreme Court [ruled](#) that the Occupational Safety and Health Administration (OSHA) could not enforce its emergency temporary standard that required large employers to mandate COVID-19 vaccinations. For assistance or questions on tackling COVID-19 protocols, [contact](#) our expert HR consultants.

This playbook can help take employers from rookies to all-stars and sustain a healthy workforce this season. For more information, contact your Bukaty representatives.

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