

# UVA-WorkMed

Occupational Health and Wellness  
Improving Employee Health



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[www.uvaworkmed.com](http://www.uvaworkmed.com) | 434.243.0075

## **Did you know.....?**

The 2011-2012 flu season is upon us and the flu vaccine is being offered through many outlets including UVA-WorkMed. This year's vaccine provides protection against A/California/7/2009 (H1N1) like virus, A/Perth/16/2009 (H3N2) like virus, and B/Brisbane/60/2008 like virus. These are the same strains that provided protection in the 2010 vaccine.

CDC recommends all people 6 months of age and older should get the flu vaccine. Each situation can be different therefore it is recommended you check with your primary care physician or pediatrician before requesting the flu shot if you have any concerns.

There are additional safe guards you can take to avoid getting the flu. Frequent hand washing is very important. Avoid touching your eyes, nose or mouth. Remember every time you touch door knobs, elevator buttons, hand rails, telephones etc. you stand the chance of picking up the virus. Always sneeze into a tissue or the fold of your elbow. Do not share drinking glasses, food or food utensils with someone else. Keep sanitizing hand towels handy to wipe your hands after touching grocery store carts, pens and pencils or any objects other have touched. Lastly, get proper sleep (8 hours) and eat well-balanced meals.

## **Sneezing, coughing, aching...Oh my!**

Check out this [CDC resource](#) for information, facts, fiction and "all things flu".

## **Does working out at work, work?**

Exercise has been shown to improve employee productivity. However, finding the time to exercise is consistently cited as a barrier. [This American College of Occupational and Environmental Medicine](#) resource demonstrates that it may be beneficial to allow employees time to exercise while at work.

## **U.S. Department of Health and Human Services**

**Combatting the Silent Epidemic of Viral Hepatitis: Action Plan for the Prevention, Care and Treatment of Viral Hepatitis** [click here](#)

## **[Choose MyPlate.gov](#)**

A new, comprehensive nutritional resource developed by the U.S. Department of Agriculture.

**NIOSH Pocket Guide to Chemical Hazards**  
**The [NIOSH Pocket Guide to Chemical Hazards](#) (NPG) is intended as a source of general industrial hygiene information on several hundred chemicals/classes for workers, employers, and occupational health professionals.**

## **UVA- Health System News:**

New genetic discoveries in [lung health](#) offer hope for better prevention and treatment for lung diseases.