



Common Cold Safety Talk

The common cold is just that- it is common, especially when the weather begins to change and get colder. There is no true vaccine or medicine that completely relieves you from having a cold. However, there are ways that you can lower your chances of getting a cold in the first place or minimize the effects if you happen to get one. It is important to realize the effects a cold can have on your work.

Common Cold Prevention

Preventing the spread of the common cold comes down to a few basic principles, however it can be hard to avoid if enough people around you are spreading the germs. A few quick tips from [the CDC](#):

- Wash your hands often with soap and water.
- Avoid touching your face with unwashed hands.
- Stay away from individuals who are sick.
- Disinfect commonly touched surfaces.

If you happen to get a cold help prevent spreading it by practicing the same good hygiene tips as above. It is also important to stay home from work if needed as well as avoiding gatherings or social events while sick.

Negative Effects of Having a Cold

Obviously, no one desires having a cold much less having to deal with its effects while at work. Outside of just plain feeling bad there can be many different ways your work is affected. Some ways a cold can affect you:

- Lower energy- One of the biggest effects the common cold has is robbing you of your energy. Your body is working overtime to fight the cold along with trying to sustain all the regular bodily functions so naturally you will not be at a normal energy level.
- Decreased focus- When you are not feeling your best you cannot fully focus on the task at hand. Whether you are thinking about how you do not feel well or sneezing nonstop, your focus on a work task will be negatively affected.
- Lower morale- Morale goes a long way in working productively and safely especially as part of a team. When you or the others are sick around you, everyone's mood can be affected. With low energy levels, peoples' moods and [attitudes](#) towards one another while at work will most likely not be at all-time positive levels.

Summary

Most of us can battle through a common cold with no major issues. That being said, it is still important to try to prevent having a cold or spreading it to others. When you are feeling under the weather realize the effects it has on you and your work. Fight the urge to cut corners or take shortcuts especially when it comes to working safely when you are sick.