

# Ask CDC

## Staying Safe At Work

*[Announcer] This podcast is presented by the Centers for Disease Control and Prevention. CDC – safer, healthier people.*

Welcome to *Ask CDC*, the weekly podcast that answers *your* questions. I'm your host, Susan Laird.

This week, a listener asks: "What should I do if I think something in my work environment has made me sick?"

If you're concerned that something in your work environment has made you sick or may be a health and safety hazard, contact your facility's occupational health clinic or the Health and Safety Officer. They should be able to identify and provide copies of all the appropriate protocols and procedures, as well as necessary health interventions, including immunizations and post-exposure treatment, among other services. Occupational health clinics provide confidential services, treatment, and advice appropriate to your facility and job duties.

If you work in a laboratory, it is required by Federal laws and regulations to have both a Health and Safety Officer and an occupational health clinic. If you don't work in a laboratory, your workplace may not have either a Health and Safety Officer *or* an occupational health clinic. In that situation, you should report your concern to your supervisor. You may also wish to contact your local or state health department for additional guidance.

For more information about occupational health and safety, please visit the NIOSH website at [www.cdc.gov/niosh](http://www.cdc.gov/niosh), that's N-I-O-S-H, or the OSHA website at [www.osha.gov](http://www.osha.gov).

Thanks for listening. To submit *your* question to *Ask CDC*, email us at [askcdc@cdc.gov](mailto:askcdc@cdc.gov).

*[Announcer] For the most accurate health information, visit [www.cdc.gov](http://www.cdc.gov) or call 1-800-CDC-INFO, 24/7.*