

7 simple steps to prevent infection

In addition to getting a flu shot, you can also protect yourself from the flu with these steps:

1. Clean your hands. Wash your hands often to help protect you from germs. Use soap and warm water for 15 to 20 seconds. If in a public washroom, dry your hands before shutting off the water and use your towel to turn off the tap. If using a hand dryer, turn it on with your elbow. If soap and water aren't available, use alcohol-based disposable hand wipes or gel sanitizers.



2. Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

3. Avoid touching your eyes, nose, or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

4. Stay home when you are sick. Avoid work, school, and errands when you are sick to help protect others from catching your illness.



5. Frequently clean common surfaces such as doorknobs, phones, water faucets and the refrigerator door.

6. Don't share things that go into the mouth, such as straws and drinking cups.

7. Stay Healthy! Good habits such as **getting plenty of sleep, engaging in physical activity, managing stress, drinking water to stay hydrated, and eating healthy food** will help you avoid getting sick during flu season and all year long.



Consult your physician if you need medical attention.

Antiviral medicines are available that can reduce the symptoms if taken early.

Symptoms of the flu can include:



- ✓ fever (usually high)
- ✓ sore throat
- ✓ headache
- ✓ runny or stuffy nose
- ✓ Gastro-intestinal symptoms, such as nausea, vomiting, and diarrhea (these are much more common among children than adults)
- ✓ extreme tiredness
- ✓ muscle aches
- ✓ dry cough

