



Flu Prevention

Stay Healthy and Protect Others

- ✓ Get a flu shot every year.
- ✓ Wash your hands often and properly, especially after being outside, or going to the bathroom. Viruses can live on hard surfaces for up to 2 days, and on hands for up to 5 minutes.

Proper Hand washing The 6 Step Method:

2. Wet Hands
3. Dispense Soap
4. Lather for at least 20 seconds. It takes 20 seconds to kill all germs.
5. Rinse
6. Towel Dry
7. Turn of tap with towel.

Cleaning with hand sanitizer:

1. Apply enough product to keep hands moist for 15 seconds.
2. Rub product in palms and thoroughly cover all surfaces of the hands and fingers, including the backs and each thumb.
3. Rub fingertips of each hand in opposite palm
4. Keep rubbing until hands are dry.

Do not use hand sanitizer with water.

- ✓ Be physically active, and eat plenty of fruits, vegetables, and whole grains to keep your immune system strong.
- ✓ Cover your mouth and nose with a tissue or your arm when you cough and sneeze. Influenza is spread from person to person through tiny droplets from the nose and throat. Throw the tissue away immediately.
- ✓ Avoid touching your eyes, nose or mouth.
- ✓ Avoid large, public gatherings if possible.
- ✓ If you have influenza symptoms or feel unwell, stay at home. Do not visit relatives or friends in hospitals or long-term care facilities. Rest and drink plenty of fluids.



Source: Health Canada, 2008