

6

SIMPLE STEPS

to help keep you and me healthy

1

Clean your hands often using soap and water or hand sanitizer.

Ensure hands are cleaned:

- After coughing, sneezing or blowing your nose
- After shaking hands
- Before eating
- Before touching your face (avoid touching your face as much as possible)



2

Clean frequently touched items and surfaces.

Example: Keyboards, door knobs and phones

3

Cough and sneeze into a tissue or your elbow.

Throw out used tissues

4

Do not share objects that have been in other people's mouths.

Example: toothbrushes, drinks and water bottles, unwashed utensils, cigarettes, lip products, and mouthpieces of musical instruments

5

Stay home if you feel sick.

Adults and children should stay home until feeling well for one day

6

Get immunized.

Talk to your health care provider

Symptoms of Influenza include:

- Fever
- Headache
- Joint pain
- Cough
- Sore muscles
- Sore throat
- Sometimes diarrhea and vomiting

For more information contact:

Southwestern Public Health | 1-800-922-0096 | www.swpublichealth.ca

