

# FLU PREVENTION TIPS

## WHERE POSSIBLE, AVOID CONTACT WITH PEOPLE WHO ARE SICK

This may be difficult to always do however you can politely ask people to not visit your home if they have a cold or flu.

## WASH YOUR HANDS FREQUENTLY

This is the most effective way to prevent the spread of germs, and ultimately, the flu. Just make sure your hand washing is effective:

- Use warm water and soap.
- Briskly rub your hands together for 15 to 20 seconds.
- Wash in between your fingers, around your nails and the back of your hands.
- To prevent flu viruses from spreading or entering your system (or someone else's), wash up after: you shake hands with someone who is sick; are in public places; or use the bathroom. Also wash your hands after you blow your nose, sneeze, or cough into your hands. Always wash your hands before you eat or prepare a meal, treat a wound or put in contact lenses.
- Keep a bottle of alcohol-based hand sanitizer (at least 70% isopropyl alcohol or 60% ethyl alcohol) with you for those occasions when you are unable to wash your hands properly.

## COVER YOUR MOUTH WHEN YOU SNEEZE OR COUGH

If you don't have a tissue, sneeze or cough into your folded elbow rather than on your hands.

## AVOID FREQUENTLY TOUCHING YOUR NOSE, EYES AND MOUTH

Even with frequent washing, you can't keep all germs off your hands at all times. The nose, eyes and mouth are the most common germ entranceways to the body.

## KEEP SURFACES CLEAN

The flu can survive and be transmitted on a variety of surfaces. Wipe down desks, phones, doorknobs, counters, light switches, etc., on a regular basis.

## USE SEPARATE DRINKING CUPS AND UTENSILS WHEN SOMEONE IN YOUR HOUSEHOLD IS SICK

Ensure dishes are washed with soap in hot water, and use separate towels.



## FLU PREVENTION TIPS (CONTINUED)

### GET ACTIVE

A quick walk or another form of low-impact cardio exercise can stimulate your immune system and activate your body's infection-fighting defences.

### EAT RIGHT

Eat a balanced diet filled with low-fat, high-fibre foods like fresh fruits and vegetables, as well as foods that are rich in Vitamin-C. This will help your body fight off flu-causing viruses.

### GET AMPLE SLEEP

Give yourself recovery time with a good night's sleep. It's necessary to maintain good physical health which will help you defend against the flu.

### DRINK PLENTY OF FLUIDS TO STAY HYDRATED AND HELP FLUSH OUT TOXINS

Water, as always, is the most hydrating choice.

### MANAGE STRESS

Too much stress can affect your immune system and reduce your body's ability to ward off the flu and other viruses. Practice stress-relieving tactics to help reduce the damaging effects of stress, and keep your body and mind healthy.

## SYMPTOMS OF FLU

People who have the flu often feel some or all of these symptoms:

*fever or feeling feverish/chills*

*cough*

*muscle or body aches*

*sore throat*

*runny or stuffy nose*

*headaches*

*fatigue (very tired)*



**IT'S IMPORTANT TO NOTE THAT NOT EVERYONE WITH FLU WILL HAVE A FEVER.**



## GET VACCINATED

Vaccination is one of the most effective ways to protect against the flu. Getting vaccinated is especially important if your work or day-to-day activities means you come into frequent contact with a lot of people, or if you have a chronic illness. Some people should not be vaccinated (such as children less than six-months-of-age and people who have had a severe allergic reaction to eggs or a previous vaccination).

**ALWAYS CONSULT WITH A HEALTHCARE PROVIDER.**