



How to Stay Healthy In Flu Season



Influenza or “the flu” is a disease caused by a virus. The germs spread when someone with the flu coughs or sneezes and the droplets come into contact with another person’s nose, mouth or eyes. The viruses can also live for some time on objects or surfaces after a sick person touches them with contaminated hands.

Watch for flu symptoms; fever, cough, sore throat, runny nose, fatigue and muscle pain. To protect yourself and others against the regular seasonal flu and the new pandemic H1N1 flu:

- Get vaccinated for both types of flu as soon as the vaccines are available.
- Wash your hands often throughout the day with soap and warm water for at least 15 seconds. Make sure small children understand how to properly wash their hands.
- Use alcohol-based hand sanitizers to clean hands if soap and water are not available. Hand sanitizers should contain at least 60% alcohol.
- Cough and sneeze into your upper sleeve or into a tissue, not into your hand. Throw out used tissues and wash hands right away.
- Regularly clean and disinfect surfaces that are often touched, like door knobs, desktops and railings, as well as sinks, bathrooms, and kitchen countertops. The virus is easily killed by regular commercial cleaning products.
- Stay at home if you’re sick. Keep children home from school if they show signs of illness.
- Report your child’s absence to the school and include specific symptoms that your child is experiencing.

Visit the Public Health website at www.publichealthgreybruce.on.ca.

Stay healthy this flu season!