

H1N1 Flu Prevention Checklist

You can play an active role in staying healthy and preventing the spread of the H1N1 flu virus. Follow these simple steps:

Wash your hands frequently

Wash your hands often with soap and warm water for at least 20 seconds to help remove bacteria and viruses. Wash before and after eating, after you have been in a public place, after using the washroom, after coughing and sneezing and after touching surfaces that may have been contaminated. An alcohol-based hand sanitizer is also effective in killing viruses.

Keep your hands away from your face

In most cases, the H1N1 virus enters the body through the eyes, nose or mouth.

Cough and sneeze into your arm, not your hand

If you use a tissue, dispose of it as soon as possible and wash your hands.

Get immunized

Get your H1N1 flu shot.

Keep common surface areas clean and disinfected

Doorknobs, light switches, telephones, keyboards and other surfaces can become contaminated with all kinds of bacteria and viruses. Regular cleaning and disinfecting of these surfaces with normal household disinfectants can help. Viruses can live on hard surfaces for up to 48 hours.

Stay healthy

Eat healthy foods and stay physically active to keep your immune system strong.

If you get sick, stay home

If you think you have the flu and are otherwise healthy, you should stay home from school or work until your symptoms are gone. If your symptoms get worse, call your health care provider.

Talk about staying healthy.

Encourage others to follow these simple steps. If you have children, be a good role model. Teach them to count to 20 while washing their hands and show them how to cover up when they cough or sneeze.

Notes

To find out more, visit www.fightflu.ca or call | 800 0-Canada (1-800-622-6232) (TTY 1-800-926-9105)



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