

# Flu Prevention Checklist

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

 **Get your flu shot**

Getting the flu shot every year is one of the most effective ways to prevent catching and spreading the flu virus.

 **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 flu 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.

 **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.

 **If you get sick, stay home**

If you think you have the flu, 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.



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



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