

Important information...

INFLUENZA: avoiding the spread



Symptoms include:

- ✓ fever or more than 38°C
- ✓ shortness of breath/difficulty breathing
- ✓ fatigue
- ✓ aching muscles and/or joints
- ✓ sore throat
- ✓ headache
- ✓ nasal congestion
- ✓ cough

Consult a health professional if your symptoms persist or get worse.



Questions?

613-933-1375 or
1 800 267-7120

Ask for Health Line.

The influenza virus is a respiratory illness.

There are everyday actions that you can take to stay healthy:

- ▶ Get the influenza vaccine.
- ▶ Cover your nose and mouth with your elbow when sneezing or coughing if no tissue is available.
- ▶ Throw away tissues after wiping your nose, sneezing or coughing.
- ▶ Keep personal items separate if a household member has influenza.
- ▶ Stay at least 6 feet away from the sick person if possible.
- ▶ Do not share personal items or drinks.
- ▶ Maintain good health by drinking plenty of water, exercising regularly, eating nutritious meals and not smoking.
- ▶ Get plenty of rest.
- ▶ Stay home from school/work if you are ill.

Washing your hands is the single most important way to prevent the spread of influenza. You should wash your hands for at least 15 to 20 seconds with soap and warm water or use an alcohol-based hand rub in the following situations:

- ▶ **before** touching your eyes, nose or mouth in any way
- ▶ **before** eating, preparing food or feeding others
- ▶ **after** coming into contact with a person who has influenza or with their immediate environment
- ▶ **after** blowing your nose or wiping a child's nose
- ▶ **after** coughing or sneezing

