

# Influenza Safety Tips



## **AVOID CLOSE CONTACT**

- When you're sick, stay away from others to protect them from getting sick too



## **STAY HOME**

- If possible, stay home from work, school and errands when you are sick



## **GET VACCINATED**

- Getting vaccinated each year is the best way to help prevent you from getting sick



## **WASH YOUR HANDS**

- Washing your hands often will help protect you from germs
- If soap and water are not available, alcohol-based hand sanitizer is a good option



## **COVER YOUR MOUTH**

- Wear a mask if you go out in public
- Cough and sneeze into your sleeve



## **STOP CONTAMINATION**

- Try to avoid touching your face to prevent the spread of germs
- Disinfect commonly touched surfaces at your home, work or school



## **MAINTAIN HEALTHY HABITS**

- Get plenty of sleep to give your body time to rest
- Drink plenty of fluids and eat nutritious food

## **FOR MORE INFORMATION...**

- <https://www.ontario.ca/page/pandemic>
- <https://www.redcross.ca/training-and-certification/first-aid-tips-and-resources/first-aid-tips/flu-prevention>