

It's that time of year: flu season is upon us!

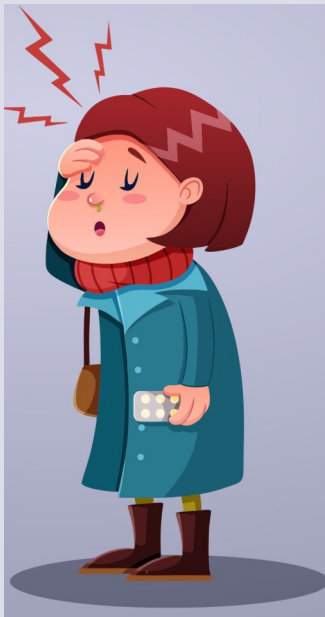
Tips for Self care during influenza season



- Get the influenza vaccine every fall
- Cover your cough with a tissue, or cough or sneeze into your upper sleeve, not your hands. Then, clean your hands, and do so every time you cough or sneeze
 - Wash your hands well, and often
- Avoid touching your eyes, nose, or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches their eyes, nose, or mouth
 - Clean and disinfect high touch areas
- Avoid crowds when influenza season hits your area

Influenza prevention hand washing

- Wet hands with water
- Use regular soap – antibacterial soap is not necessary
- Rub hands vigorously for at least 15 seconds covering all surfaces
- Rinse your hands under running water
- Dry hands with clean or disposable towel



Self care at work or school

- Frequently wipe down your keyboard, mouse and phone (for example with low level disinfectants not with antibacterial wipes)
- If you are ill, stay home from work so you do not spread illness to others.
 - Use hand hygiene frequently, especially after using copy machines, fax machines, someone else's computer or phone, or after sneezing or other contact with your own secretions
 - Wash your hands before eating or drinking during breaks

For more information please visit:

<https://www.albertahealthservices.ca/influenza/influenza.aspx>