

Protect Yourself and Others

Stop the Spread of Influenza (flu) and other Germs



Clean your hands often with soap and warm water.

Remember:

- Get your influenza (flu) shot every year.
- Avoid touching surfaces like door knobs, ATM machines and light switches and then touching your eyes, nose or mouth.



Cover your mouth and nose with a tissue when you cough or sneeze.



Throw tissues away immediately and wash your hands.



No tissue? Cough or sneeze into your upper sleeve, not your hands.



Use alcohol-based hand cleanser if soap and water is not available.



Stay home if you are sick or think you might be.



Halton Region

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Health Department

Promoting and Protecting Health.
Preventing Disease. Providing EMS.