

Six Simple Steps to Help Keep You and Me Healthy

September 14, 2009

1. Wash your hands often using soap and water or an alcohol-based hand sanitizer. Ensure hands are washed:

- After coughing, sneezing or blowing your nose
- After shaking hands
- Before eating
- Before putting in contact lenses
- Before touching your face



2. Avoid touching your face as much as possible.

3. Cough and sneeze into a tissue or your elbow. Throw out used tissues right away.

4. Do not share objects that have been in other people's mouths, e.g. toothbrushes, drinks and water bottles, unwashed utensils, cigarettes, lip products, and mouthpieces of musical instruments.

5. Stay home if you feel sick. You can return to work or school when you're feeling better and you're fever free. Staying home will help prevent the spread of infections to co-workers and the general public.

6. Frequently clean common surfaces such as keyboards, doorknobs, countertops, etc.

Symptoms of influenza include:

- Fever
- Cough
- Sore throat
- Headache
- Sore muscles
- Joint pain
- Sometimes diarrhea and vomiting

For more information, visit the Middlesex-London Health Unit web site at www.healthunit.com or call 519-663-5317 ext. 2330.