

Stopping the **Flu** is up to You!

The flu is spread from person-to-person when someone who has the flu sneezes, coughs or even talks. The flu virus is put into the air and may be inhaled by anyone close by. Occasionally a person may become infected by touching something with the virus on it and then touching their mouth or nose.



To protect yourself and your family from the flu:

Wash your hands often with soap and warm water.

Use tissue when you cough, sneeze or spit, and dispose of the tissue in a covered trash bin.

Keep hands away from your face.

Clean shared space more often such as phone receivers, keyboards, steering wheels and office equipment.

Do not share personal items such as forks, spoons, toothbrushes and towels.

Avoid crowds or people who are ill.