

This Fall, Protect Yourself Against Influenza



Here are some steps to take to protect yourself and others from influenza:

✓ **WASH YOUR HANDS**

Hand washing, when done correctly, is the single most effective way to prevent the spread of communicable diseases. Good hand washing technique is easy to learn and can significantly reduce the spread of infectious diseases among both children and adults. Clean your hands frequently and properly. Clean your hands with soap and water or alcohol-based hand rub especially after contact with the eyes, nose, mouth or secretions and before and after handling food. Are you doing it right? *See reverse.*

✓ **USE HAND SANITIZER**

Make it a habit to always carry hand sanitizer with you – in a purse, briefcase, knapsack. Hand sanitizing stations are not just for hospitals anymore. Free standing and counter top dispensers are now in office buildings, grocery stores, retail outlets usually at the entrance.

✓ **COVER YOUR COUGHS AND SNEEZES**

Sneeze and cough into your elbow or sleeve or use a tissue. After wiping or blowing your nose with a tissue, throw away the tissue and wash your hands. Keep your fingers away from your eyes, nose and mouth.

✓ **KEEP COMMON SURFACES CLEAN**

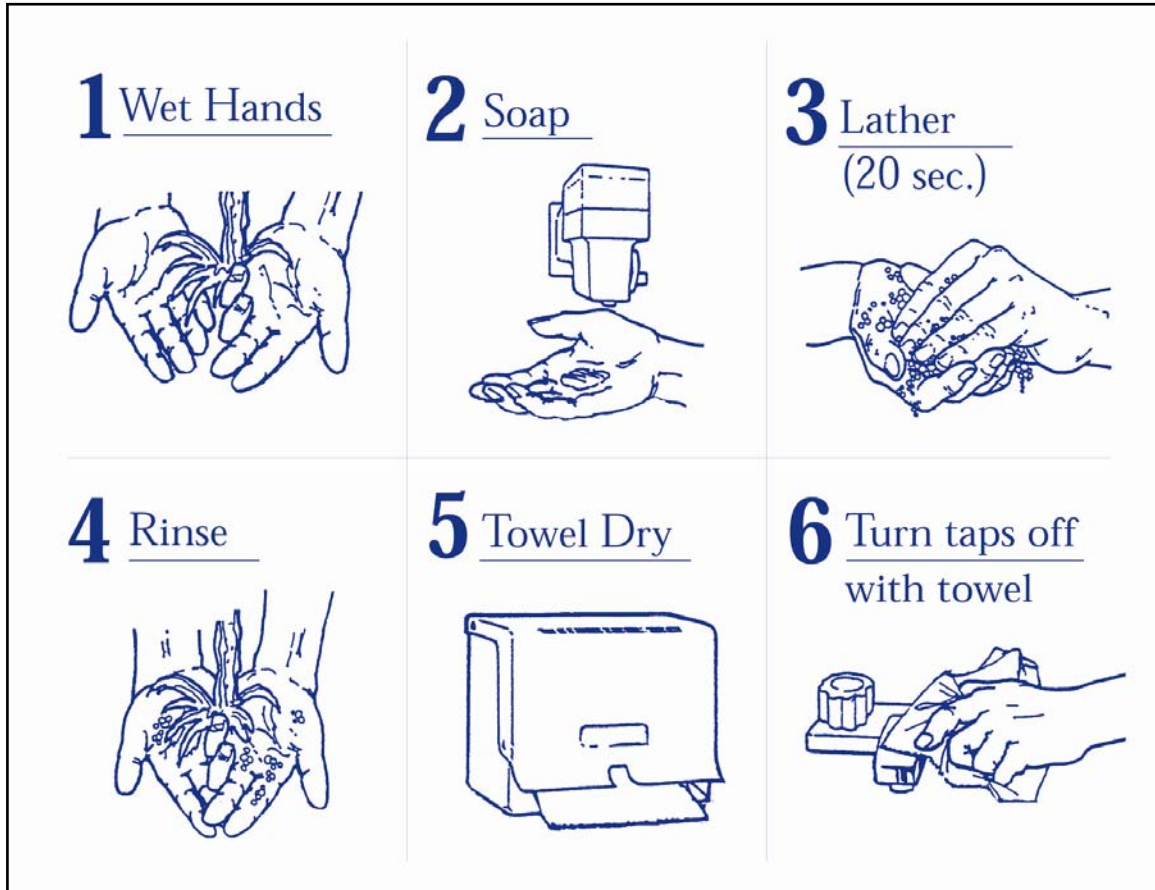
Keep personal items separate if a household member is sick. Use a disinfectant to clean surfaces around a person who is sick with the influenza. Do not share personal items or drinks.

*If you have any questions or need to let us know of any health concerns, please call your **Premier Homecare Services** office.*

If you have flu-like symptoms, call Telehealth Ontario at 1-866-797-0000 or contact your family physician.

Sources and for more information: www.health.gov.on.ca; www.fightflu.ca; www.chica.org

Proper Hand Washing Procedure*



*Adapted from www.york.ca

Why is hand washing important?

Hand washing, when done correctly, is the single most effective way to prevent the spread of communicable diseases. Good hand washing technique is easy to learn and can significantly reduce the spread of infectious diseases among both children and adults.

Follow these six simple steps to keeping hands clean:

1. Wet your hands with warm running water.
2. Add soap.
3. Rub your hands together, making a soapy lather. Do this away from the running water for at least 15 seconds, being careful not to wash the lather away. Wash the front and back of your hands, as well as between your fingers and under your nails.
4. Rinse your hands well under warm running water.
5. Pat hands dry with a paper towel.
6. Turn off water using same paper towel and dispose in a proper receptacle.

*Adapted from www.health.gov.ca