

Flu Prevention Checklist

In the wake of concern regarding the H1N1 virus, many people want to know how to avoid this virus. The following information is a Flu Prevention Checklist and will help you avoid not only the H1N1 virus but the seasonal influenza viruses as well.

The best prevention is to stay healthy. Here are ways to do just that:

1. **Get an annual Flu Shot.**
 - this is especially important if you or your family or friends who are at risk of influenza-related complications
 - the *at-risk* population already gets a free flu shot through the Public Health program but it is advisable for those around them to also get a flu shot
2. **Wash your hands frequently**
 - twenty seconds with warm water and soap
 - wash before and after eating, after using the bathroom, after coughing or sneezing and after touching surfaces that might have been contaminated by other people
3. **Keep Hands away from face**
 - avoid touching eyes, nose or mouth if your hands have been In contact with shared items such as doorknobs, telephones, keyboards etc, or shaking hands with other people
4. **Cover up when you cough or sneeze**
 - raise your arms up to your face to cough or sneeze into your elbow/sleeve
 - if you must use a tissue, dispose of it immediately and wash your hands
5. **Keep shared surface areas clean**
 - e.g. doorknobs, light switches, keyboards, telephones, pens (always carry your own)
 - whenever possible, wipe down shared surfaces with a disinfectant or cloth dipped in mild bleach solution
6. **Stay hydrated**
 - dry nasal passages are more prone to tiny fissures and are more susceptible to bacteria and infection
7. **Get adequate sleep**
 - adequate sleep is necessary for optimum health and, as such, will help your body to repel or fight infection
8. **If You Get Sick, Stay Home!**
 - remove yourself from the cycle of infection/recovery/re-infection
 - both you and your co-workers will be thankful!

Useful links to follow: www.fightflu.ca
www.coughsafe.com
www.phac-aspc.gc.ca (Public Health Agency of Canada website)
www.health.gov.sk.ca