



# Seven Simple Steps to Help Keep You and Me Healthy

October 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 your upper arm or a tissue. Throw out used tissues, and wash your hands.
4. Do not share objects that have been in other people's mouths, e.g. toothbrushes, drinks and water bottles, unwashed utensils, lip products, and mouthpieces of musical instruments.
5. Stay home if you feel sick. Remain off of work or stay home from school until the fever has been absent for 24 hours and you are feeling well enough to resume normal activities. The presence of a mild cough in the absence of other symptoms is not sufficient to keep someone away from work or school. Check [www.beattheflu.ca](http://www.beattheflu.ca) for an on-line self-assessment tool.
6. Frequently clean and disinfect common surfaces such as keyboards, doorknobs, countertops, etc.
7. Get your H1N1 and seasonal influenza vaccinations. Check our website for details.

## Symptoms of influenza include:

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

**For more information, call Health Line at 519-271-7600 ext 267.**

**Listowel area call 1-877-271-7348 ext 267.**

**Or visit our website at [www.pdhu.on.ca](http://www.pdhu.on.ca)**