

PROTECT YOURSELF

from Influenza

- **Avoid crowded places**
- **Cough and sneeze into your sleeve to avoid spreading the virus to your hands**
- **Throw used tissues in the garbage**
- **Stay home if you have influenza to avoid passing it on to others**
- **Clean bathroom, kitchen counters, taps, door knobs and railings more frequently with normal household cleaners**
- **Do not share food, drinks or eating utensils**
- **Wash hands often and especially:**
 - **after coughing, sneezing, or blowing your nose**
 - **after touching your eyes, nose or mouth**
 - **after being in contact with someone who has influenza**
 - **before preparing or eating meals or feeding others**
 - **after coming home from any public place**
- **If soap and water are not available, clean hands with hand sanitizer containing at least 60% alcohol. Always carry hand sanitizer with you.**
- **For more information visit the SHR website:**
www.saskatoonhealthregion.ca

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