

HOW TO BE AN INFLUENZA CHAMPION

ARM YOURSELF AGAINST INFLUENZA:



Get Immunized

Getting your influenza immunization every season – and as early in each season as possible – is the single most effective way to arm yourself against influenza. All Albertans six months of age & older should be immunized each season. No matter how healthy you are now, without immunization, you are at risk. Why chance it?



Cover Your Cough

Cover your nose and mouth with a tissue when sneezing or coughing.

If you don't have a tissue, always cough or sneeze into your arm, not into your hands.

Throw away tissues after wiping your nose or covering a cough, and wash your hands.



Clean Your Hands

Using soap and warm water, wash your hands thoroughly and often, including after coughing, sneezing, using tissues or the washroom, and before eating or preparing foods.

Alcohol-based hand rub or sanitizer can also be helpful if hands are not visibly soiled.

Make a point of keeping hands and fingers away from your eyes, nose and mouth.



Stay Home When Sick

If you have symptoms of illness, including fever, cough, headache and extreme tiredness, stay home from work, school, daycare, or any social function.

Please also refrain from visiting family, friends or loved ones in hospitals, care facilities or seniors lodges, until you have fully recovered from any illness.

Visit www.ahs.ca/influenza

Call Health Link 811

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