

# 5 Simple Steps

## ...to Help Keep You and Me Healthy

**1** **Wash your hands often using soap and water or a 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 a tissue or your elbow.** Throw out used tissues.

**4** **Do not share objects that have been in other people's mouths,** e.g. toothbrushes, drinks and water bottles, unwashed utensils, cigarettes, lip products, and mouthpieces of musical instruments

**5** **Stay home if you feel sick.** Adults with influenza symptoms should stay home for at least 7 days and children should stay home for at least 10 days. If you are still not better at that time, stay home until you feel well for one full day.



### Symptoms of Influenza include:

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