

H1N1 FLU

Slow the spread!

How you can protect others if you are ill with the flu (family, friends, or other people)

	The best way to stop spreading the flu, is to have no contact with others. Stay home and keep to yourself as much as possible. Follow these rules	If you, or someone in your home has the flu and you can stay (6 feet /2 metres) away from them, follow these rules.	If you are sick at home and must be in close contact with a healthy person , follow these rules.
Hand Washing/sanitizer	Yes	Yes	Yes
Cough and Sneeze Rule	Yes	Yes	Yes
Surgical Mask	No	No	YES - if you do not have a mask, covering your nose and mouth with a bandana could also provide protection. (laundry after use)
Waste disposal	Yes	Yes	Yes
Keep your home and office safer by cleaning surfaces frequently. For example: doorknobs, phones, keyboards, counters, etc.	Yes	Yes	Yes

Information adapted from the Public Health Agency of Canada Guidelines (September 2009)