

# Employers can help prevent

# Flu!



## Here's how:

- Provide hand washing facilities or hand sanitizer.
- Place a hand washing poster nearby.

## Encourage employees to:

- **Stay home when sick.** Most flu can be cured by rest and care at home. Call the NWT Health Line at 1-888-255-1010 if you have questions about your health.
- **Get the annual flu vaccine.** It prevents or lessens flu symptoms and protects others from getting sick.
- **Cough or sneeze in their arm or a tissue,** not in a hand.

For more information and posters on flu visit:

[www.hlthss.gov.nt.ca](http://www.hlthss.gov.nt.ca)

