

## PROTECT YOURSELF FROM THE FLU

Flu season is here and now is the time to protect yourself from germs that cause colds and flu. Stay healthy this winter by being educated about cold and flu prevention methods.

Here are some tips to help you stay healthy:

- Keep hand sanitizer and tissues on the main counter in your department, for all staff and visitors to use. Large hand sanitizers are available through MC Stores.
- Sneeze or cough into a tissue or your sleeve. Immediately dispose of used tissues into a waste container.
- Avoid sneezing or coughing into your hands since this allows germs to be spread to other surfaces on contact - sneeze into your sleeve.
- Wash your hands thoroughly and often with soap and water. (see the Ministry of Health Handwashing Poster link on this page). Waterless hand sanitizers can be used if soap and water is not available.  
[Tips to Stay Healthy](#)
- A virus can be transferred by your hands, so avoid touching your mouth, nose or eyes.

- Avoid close contact with individuals who have cold or flu-like symptoms.



- Get plenty of sleep, exercise regularly and eat healthy foods.
- Get vaccinated against the flu.
- Stay home if you have the flu.
- Post a copy of the Ministry of Health's Handwashing poster and/or the Cover Your Cough poster in your area. Click on the following link.

[Ministry of Health Handwashing Poster](#)

Learn more by checking out the following links and post the information in your area for future reference:

[Seasonal Flu Symptoms and Care](#)