

OH NO, IT'S FLU SEASON!

EBA SIDDIG, HEALTH COORDINATOR



1. GET A **FLU SHOT**.
2. WASH YOUR HANDS OFTEN WITH **SOAP & WATER**.
3. AVOID CONTAMINATION- AVOID CLOSE CONTACT WITH SICK PEOPLE, **WASH HANDS**, AVOID TOUCHING EYES, NOSE, & MOUTH. FOLLOW PUBLIC HEALTH ADVICE IF SICKNESS OCCURS. KEEP FREQUENTLY TOUCHED OBJECTS AND SURFACES CLEAN.
4. STAY WELL WITH **GOOD LIFESTYLE HABITS** LIKE ENOUGH SLEEP, HEALTHY EATING, STRESS MANAGEMENT AND BEING PHYSICALLY ACTIVE.
5. IF SICK WITH FLU-LIKE ILLNESS, **STAY HOME** FOR AT LEAST 24 HOURS AFTER YOUR FEVER IS GONE.



THE FLU

