

Be a
FLU FIGHTER!

Always wash your hands
(or use a hand sanitizer)...



after you cough, sneeze
or blow your nose



before eating



after you shake hands



after you've touched
someone sick



after using the
bathroom



before you touch
your face



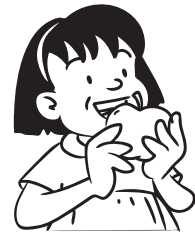
Ontario

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Flu & U:

How you and your friends can stay healthy



Give your hands a good wash as often as you can. It's the best way to fight the flu!



Fight the flu! Keep an alcohol-based sanitizer close by.



Cough or sneeze into your sleeve or a tissue, not your hand (gross!). Throw away the tissue right away.



Protect your friends - tell someone if you feel sick.



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FLU & YOU:

What you need to know



Good hand hygiene is the best way to fight the flu. Teach your children to wash their hands thoroughly and often for at least 15 seconds with soap and water.



Keep commonly touched surfaces and items clean and disinfected.



Keep an alcohol-based sanitizer handy at home and in your car. Pack one in your child's knapsack or camp kit.



Teach children to cough or sneeze into their sleeve or a tissue, not their hand. Dispose of tissues immediately.



If your children are sick keep them at home.



Make sure you provide your contact information if your child is sick.

For more information about seasonal flu, H1N1 and pandemic preparedness visit:

ontario.ca/flu

Or call **ServiceOntario INFOline** at:

1-800-476-9708

TTY: 1-800-387-5559

If you have symptoms, call **Telehealth Ontario** at:

1-866-797-0000

TTY: 1-866-797-0007

Or contact your health care provider.



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