

Stopping the flu is up to you

The flu is spread from person to person when someone who has the flu virus sneezes, coughs, or talks. The flu virus can be inhaled by anyone close by. Occasionally, a person may become infected by touching something with the virus on it, and then touching their mouth or nose.



To protect yourself and your family from the flu:

- **Use** tissue when you cough, sneeze or spit, and dispose of the tissue in a covered trash basket.
- **Wash** your hands often with soap and warm water.
- **Keep** hands away from your face.
- **Clean** shared spaces (such as phone receivers, keyboards, steering wheels and office equipment) more often.
- **Do not** share personal items such as forks, spoons, toothbrushes and towels.
- **Avoid** crowds or people who are sick.