



Six Simple Steps to Staying Healthy

1. Wash your hands often using soap and water or an alcohol-based hand sanitizer.

It is important to wash your hands:

- After coughing, sneezing or blowing your nose
- After shaking hands
- Before and after eating
- Before putting in contact lenses
- Before touching your face
- After caring for a sick person



2. Avoid touching your face as much as possible (especially your eyes, nose and mouth)
3. Cough and sneeze into a tissue or into you sleeve. Throw out used tissues right away.
4. Do not share objects that have been in other people's mouths, e.g. toothbrushes, drinks and water bottles, unwashed utensils, cigarettes, lip products, and mouthpieces of musical instruments.
5. Frequently clean common surfaces such as keyboards, doorknobs, countertops, etc.
6. Stay home if you are sick. You can return to work or school one day after you don't have any further symptoms. Staying home will help prevent the spread of infections to co-workers, youth/children, and the general public.

Symptoms of influenza (flu) include:

- Fever
- Cough
- Sore throat
- Headache
- Sore muscles
- Joint pain
- Sometimes diarrhea and vomiting(especially in young children)

**For more information contact Durham Region Health Connection Line
905-666-6241 or 1-800-841-2729 or visit Durham Region Health Department
web site at www.durham.ca**