

Stay healthy. Stay safe.

How to fight the H1N1 flu virus

Protect yourself, your family and friends:

Get the H1N1 vaccination as soon as it becomes available. When you get the vaccine you protect yourself, your family and friends.

Wash your hands – often, especially after you cough or sneeze and before and after eating. Use soap for at least 20 seconds and/or use the hand sanitizer stations available on all campuses

Keep your hands away from your face, in most cases, the H1N1 virus enters the body through the eyes, nose or mouth.

Cover your mouth and nose when you cough or sneeze, use a tissue or your sleeve to minimize the spread of droplets, throw away used tissues immediately

Recognize the symptoms, H1N1 almost always causes cough and fever, commonly fatigue, muscle aches, sore throat, headache, decreased appetite and runny nose, sometimes nausea, vomiting and diarrhea

Stay at home when you are sick, for 24 hours after symptoms disappear

Keep common surface areas clean and disinfected, doorknobs, light switches, telephones, keyboards and other surfaces can become contaminated with all kinds of bacteria and viruses. Regular cleaning and disinfecting of these surfaces can help – custodial staff are performing additional cleaning and disinfecting.

Reduce crowded social contact. (Use the stairs instead of crowded elevators, avoid shaking hands, hugging, or kissing people.)

For more information:

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www.fightflu.ca



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