

7 Ways to Protect Against the Flu

1

Flu Vaccine

The best way to protect yourself against the flu is to get vaccinated each flu season. Recommended for everyone 6 months of age and older. Available at family physician offices, pharmacies, and other health care facilities.



2

Wash Hands

Clean hands protect you and your family against many infections. Wash hands often with soap and water for 20 seconds or singing "Happy Birthday" twice. If soap and water are not available, use an alcohol-based hand sanitizer.



3

Cover your Mouth & Nose

Cover coughs and sneezes with a tissue or bent arm to protect others from getting sick. Flu viruses spread mainly by droplets from coughing, sneezing or talking.



4

Avoid Touching your Eyes, Nose or Mouth

Germs are most likely to enter your body through your eyes, nose and mouth with unwashed hands. Reduce the risk of infection by keeping your hands away from your face.



5

Stay Home if Sick

Stay home from school when you are sick. Before returning back to school, fever needs to be gone for 24 hours without medicine. Free from vomiting or diarrhea for 48 hours.



6

Avoid Close Contact

Avoid close contact with people who are sick. The flu is contagious and spreads easily in crowded spaces. When you are sick, keep your distance to protect others from getting sick too.



7

Practice Good Habits

Clean and disinfect frequently touched surfaces. Be physically active, manage stress, drink plenty of fluids, eat healthy food and get plenty of sleep.



[Flu \(influenza\): Prevention and risks - Canada.ca](#)
[Five simple steps to protect against flu \(who.int\)](#)

Healthy Learner in School Program
Anglophone West School District