

What can you do to stay healthy?



Wash your hands often with soap and warm water for at least 15 seconds.

Be sure to clean your hands after sneezing or coughing and after touching surfaces others may have touched.



Keep an alcohol-based sanitizer handy at work, home and in your car.



Cough and sneeze into your upper sleeve or a tissue, not your hand. Dispose of tissues immediately.



Keep commonly touched surfaces clean and disinfected.



Protect yourself and others by talking to your health care provider about seasonal and H1N1 flu vaccines.

For more information please visit www.york.ca/H1N1 or call York Region Health Connection at 1-800-361-5653.


York Region

Adapted from *This year it's a different flu season*, produced by the Ministry of Health and Long-Term Care.