

York Region wants you to stay healthy this season. Here are a few simple and effective things that you can do help prevent the spread of germs and infections.

1. Beat the flu bug and get your shot. Although the flu shot will not protect you against avian flu, it may be effective against other strains. During the 2005-06 flu season, York Region Health Services will be offering 38 community flu immunization clinics across York Region. For more information on these clinics, influenza A symptoms and debunking flu myths, click here. (link to current flu information on YR site)
2. Wash your hands frequently and properly. Follow these easy steps for proper handwashing:

1. Wet hands with warm water
2. Apply liquid soap
3. Lather hands for 20 seconds
4. Rinse hands back and front
5. Dry hands with paper towel
6. Turn off taps with paper towel

Remember to wash your hands before eating, after going to the bathroom, after blowing your nose, sneezing and/or coughing, after changing a diaper, and of course, when they are dirty. A downloadable and printable version of the proper hand washing technique is available for you to post at home, at work, and at school. Click here.

<http://www.region.york.on.ca/NR/rdonlyres/p4l2aikq65hjfjopzkkzlb24nvxflomokmhysdgp4suddmg7cquyx3pkxxhi2nmryhmjixy4q2kxibqdyxcxfdtqzc/Appendix+18+-+Handwashing.pdf>

<http://www.region.york.on.ca/NR/rdonlyres/57xcznprarduelijvniawbsmtyeqthcckja44odkdliulsly3h6t36zoi6qwqx4tb4fpzptq2n7re3fdayu2otvqd/Appendix+18+-+Handwash+Germ+Poster.pdf>

3. Use proper “cough etiquette.” Cough or sneeze into a tissue, and if a tissue is not available, cough into your upper sleeve, not into your hands. And remember, to wash your hands afterwards. Download and print your “cough etiquette” poster now.
<http://www.region.york.on.ca/NR/rdonlyres/6is7ppa4vzfevzmtppbyafn6poqln73jp4za7j54b75nhjrthgt2gcrwkgfpyvbx7kwhzii7keqie7yfrgv5injh/Appendix+15+-+Cover+your+coughs+and+sneezes.pdf>
4. If you are feeling sick, stay home. Isolating yourself from your work environment and others will decrease the possibility of germ and infection transmission.
5. Maintain a healthy lifestyle. When possible, follow *Canada’s Food Guide to Healthy Eating*. A nutritional and balanced diet will help you stay healthy. Maintaining your fitness and getting enough rest may also decrease your chance of getting ill this season. For more information on achieving a healthy lifestyle, click here. (link to healthy lifestyle programs)

http://www.region.york.on.ca/Services/Public+Health+and+Safety/Healthy+Lifestyles/PH_HeavyW.htm

6. Do not share personal items. Germs can be transmitted through sharing of personal items such as cups, cigarettes, food, telephones, etc.