

Take charge ... stay healthy!

There are several simple steps that you can take to stop the spread of germs and help protect you and those around you from getting sick with influenza (the 'flu'), colds or other illnesses:

Avoid close contact

Avoid close contact with people who are sick. When you are sick keep your distance from others to protect them from getting sick.

When you feel sick or suffer the initial symptoms

Contact your doctor or occupational health nurse and they will advise you on the best course of action. When possible avoid contact with other people.

Cover your mouth and nose

When you cough or sneeze, be sure to cover your mouth and nose with a tissue. This will help prevent the spread of germs. Be sure to throw the tissue in a wastebasket and then clean your hands right away.

Clean your hands

Washing your hands often will help protect you from germs. Be sure to use warm water and enough soap to create a lather. Rinse your hands completely to allow the water to carry the soap, dirt and germs away. If soap and water are not available, use alcohol gels which are a good alternative.

Avoid touching your eyes, nose or mouth

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.



Other good habits, such as not smoking, getting plenty of sleep, staying active, managing stress, drinking plenty of water, eating healthy and nutritious food will help you stay healthy throughout the year!

