

TO PROTECT YOURSELF FROM H1N1 INFLUENZA (SWINE FLU)



1 Strengthen your hygiene habits:

- Wash your hands frequently with soap and water (preferably liquid) or use alcohol wipes or gels. *The alcohol kills germs!*
- Cover your mouth when you cough and sneeze into a tissue or into the sleeve of your garment near the elbow.
- Throw the tissue immediately into the trash and wash your hands.



2 At home:

- Ventilate your home and let in the sun.
- Keep clean the kitchen and bathroom counters, door handles and railings, as well as toys, telephones, computer keyboards and objects of common use.
- Wash the dishes and household items with soap and water.

3 Avoid:

- **Sharing water/drink bottles**
- Greeting by handshake or kiss.
- Contact with sick people.
- Going to crowded places.
- **Sharing food, beverages, plates, cups and cutlery**



Wash your hands

before:

- - Preparing or eating any food
- - Caring for the sick
- - Treating a wound
- - Using a computer
- **All games and practices**

after:

- **All games and practices**
- Going to the bathroom
- Coughing or sneezing or blowing your nose
- Visiting or attending to a sick person
- Using public transport
- Touching raw meat (fish, meat and chicken)
- Handling garbage or diapers
- Touching objects not rigorously clean such as money, phone or keys

If you have any questions or require additional information:

English: 1-877-724-3258