

# Stopping the **Flu** is up to You!

The flu is spread from person-to-person when someone who has the flu sneezes, coughs or even talks. The flu virus is put into the air and may be inhaled by anyone close by. Occasionally a person may become infected by touching something with the virus on it and then touching their mouth or nose.



To protect yourself and your family from the flu:

**Wash** your hands often with soap and warm water.

**Use tissue** when you cough, sneeze or spit, and dispose of the tissue in a covered trash bin.

**Keep hands away** from your face.

**Clean** shared space more often such as phone receivers, keyboards, steering wheels and office equipment.

**Do not share personal items** such as forks, spoons, toothbrushes and towels.

**Avoid** crowds or people who are ill.