

How Will it Affect You and Your Community?

It is difficult to predict what effect a pandemic will have on communities.

A flu pandemic could last for up to eight weeks and may return, affecting different parts of the community at different times.

What Can You Do for Your Community?

You can reduce the risk of catching or spreading the flu to your family, friends, and neighbours during a pandemic.

- Cover your nose and mouth when coughing or sneezing, using a tissue whenever possible.
- Cough into your sleeve if no tissue is available.
- Dispose of dirty tissues promptly and carefully put them in bags and put the bags in bins.
- Avoid traveling and crowds whenever possible.
- Maintain good hygiene to reduce the spread of the virus from your hands to your face or to other people. Wash your hands often with soap and warm, running water for at least 15 seconds or use a hand sanitizer containing 60 to 90 per cent alcohol.
- Clean frequently touched surfaces like kitchen countertops and door handles.

What Can You Do for Yourself and Your Family?

You can take care of yourself if you do catch the flu.

- Stay at home and rest.
- Take medicines such as aspirin, Tylenol or ibuprofen to relieve symptoms; be sure to follow the instructions with the medicines. **Note:** Do not give children under 16 aspirin or ready-made flu remedies containing aspirin.
- Drink plenty of fluids.
- Have separate eating utensils and towels.
- Eat well, including plenty of vegetables, fruits, and whole grain products.
- Exercise on a regular basis and get plenty of rest.
- Stay away from people who are sick, if this is practical. You should especially try to stay at least one meter (three feet) away from people sick with flu like illness.
- Try not to touch your eyes, nose, or mouth.
- Avoid public gatherings and crowds.
- Don't share eating utensils or drinks.

- If a family member is sick, keep their personal items such as towels and toothbrushes separate from those of the rest of the family.
- Get a flu shot each year; it won't protect you against pandemic flu, but it can help you to stay healthy.
- If you are over 65 years of age, ask your health care provider for a shot to protect you against pneumococcal infection.
- Take antiviral medication if

Preventing the Spread of the Flu



Good hand hygiene is the best way to prevent the spread of all flu viruses. Wash your hands with soap and water thoroughly and often.



Keep an alcohol-based hand sanitizer (gel or wipes) handy at work, home and in your car. It needs to be at least 70% alcohol to be effective.



Cover your mouth and nose with a tissue when you cough and sneeze and dispose of tissue. Cough into your upper sleeve if you don't have a tissue.



Avoid large crowds of people where viruses can spread easily. Stay home when you are sick.



Keep common surfaces and items clean and disinfected.