

Influenza Pandemic

3 Steps to Staying Healthy

Stay healthy and stop the spread of **infectious diseases** by practising these three basic routines.

WASH UP

Nothing beats good old-fashioned hand washing. Use warm water and lots of soap all over your hands. Keep washing for 20 seconds, being careful not to wash away the lather. Rinse your hands well with warm water and dry hands thoroughly with a clean towel.

Wash your hands often, especially after coughing and sneezing, before and after eating and after using the bathroom.

Alcohol-based hand gel is a convenient alternative when soap is not available.

COVER UP

When you cough or sneeze, use a tissue or raise your arm up to your face and aim for your sleeve. **If you're really sick and have a fever, stay home!**

CLEAN UP

Throw away used tissues as soon as possible. Keep surface areas – like doorknobs, light switches, telephones and keyboards – free of germs by cleaning and disinfecting often.

Tell your family and friends to follow these steps too. If you have kids, teach them how to wash up, cover up and clean up just like you!



For more information, visit www.influenza.gc.ca or call toll-free **1 800 454-8302**



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