



STAYING HEALTHY DURING AN INFLUENZA PANDEMIC

Personal Health:

1. Eat, rest well and exercise in moderation.
2. Wash your hands frequently with warm water and soap.
3. Always cover your nose and mouth when coughing or sneezing.
4. Minimize visitors to your home.
5. Avoid shaking hands, hugging or kissing people as greetings.
6. Check up on friends or family who live alone.
7. Watch for regular influenza updates from Timiskaming Health Unit
8. Get the influenza vaccine when it becomes available.

**Washing hands is one of the most important ways
to prevent the spread of influenza**

Stay away from crowds:

1. Stock up on basic items (6-8 weeks) so you don't have to shop as often.
2. Stop at smaller stores with smaller line ups.
3. Avoid peak shopping times.
4. If any stores deliver, order groceries over the phone and have them delivered.
5. Arrange to pay bills at ATMs, online or over the phone.
6. Cancel or postpone family gatherings, outings or trips.

**If you cannot avoid crowds, minimize the
amount of time you spend around people and
attempt to stay at least one meter apart (3 feet)**

Stay Healthy at work:

1. Work from home or arrange to work flex hours if possible.
2. Wash your hands frequently with warm water and soap.
3. Use waterless sanitizing gel to clean hands if soap and water are not available.
4. Clean objects and hard surfaces that are handled by many people with a disinfectant.
5. Keep your office door closed.
6. Use stairs instead of crowded elevators.
7. Cancel non-essential meetings; use teleconferencing/video conferencing/e-mail/fax.
8. Bring your lunch to work and eat at your desk away from others.

**If you feel unwell, stay home, rest and drink
plenty of fluids**