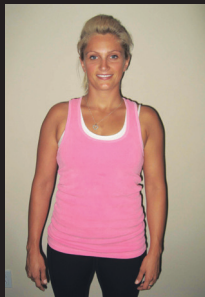




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Tips to help avoid the flu virus

This flu season, isn't it worth making time to kill the flu germs that may be lurking in your household? Here are five steps you can take to prepare for the season and reduce the spread of flu virus in your environment— it's easier than you may think.

1. Get vaccinated

Vaccination is the first step to flu prevention. In general, Health Canada now recommends that all healthy people, including healthy children (over 6 months), get a flu vaccination.

2. Wash your hands

Flu viruses may be spread by indirect contact. When someone sneezes onto their hand and then touches a doorknob, you may pick up the virus when you touch that doorknob next. Regularly washing your hands is an easy way to help prevent getting sick.

3. Do the elbow cough

Since viruses can be transmitted by your bare hands, you can reduce the spread of viruses by perfecting the art of the elbow cough. When you cough, simply cover your face with your entire elbow. It's also an easy technique to teach kids.

4. Disinfect common surfaces

Viruses that cause the flu can survive on surfaces for up to 48 hours. Using a product that kills the influenza A virus, such as Clorox Disinfecting Wipes, on hard, non-porous common surfaces (think phone receivers,



keyboards, light switches and remote controls, for example) will help keep germs at bay.

5. Drink water

Being well hydrated can help strengthen your immune system. An adult should drink approximately eight eight-ounce glasses of fluid each day. How can you tell if you're hydrating yourself adequately? If the colour of your urine is close to clear, then you are getting enough fluids. If it's deep yellow, drink more water.

—www.newscanada.com

Peel Halton Acquired Brain Injury Services

Peel Halton Acquired Brain Injury Services (PHABIS) wishes to announce the creation of new services, funded by the Central West Local Health Integration Network (LHIN), for adults living with the effects of brain injury in Dufferin County, the northern portion of Peel Region, parts of north-western Toronto, and south-west York.

These new services will:

- Offer groups to develop new skills and revisit old skills lost after brain injury
- Assist families in supporting their loved one
- Establish case managers locally to provide better access to other community resources
- Organize recreational events to encourage social contact

We are here to help. PHABIS has a long history of helping people with acquired brain injury and we want to help you.

How to contact us:

- **April Arundine**, Intake Manager
905.949.4411, extension 225
- or by email at **april@phabis.com** for information on how to get involved
- Our website is **phabis.com** and includes an application form.