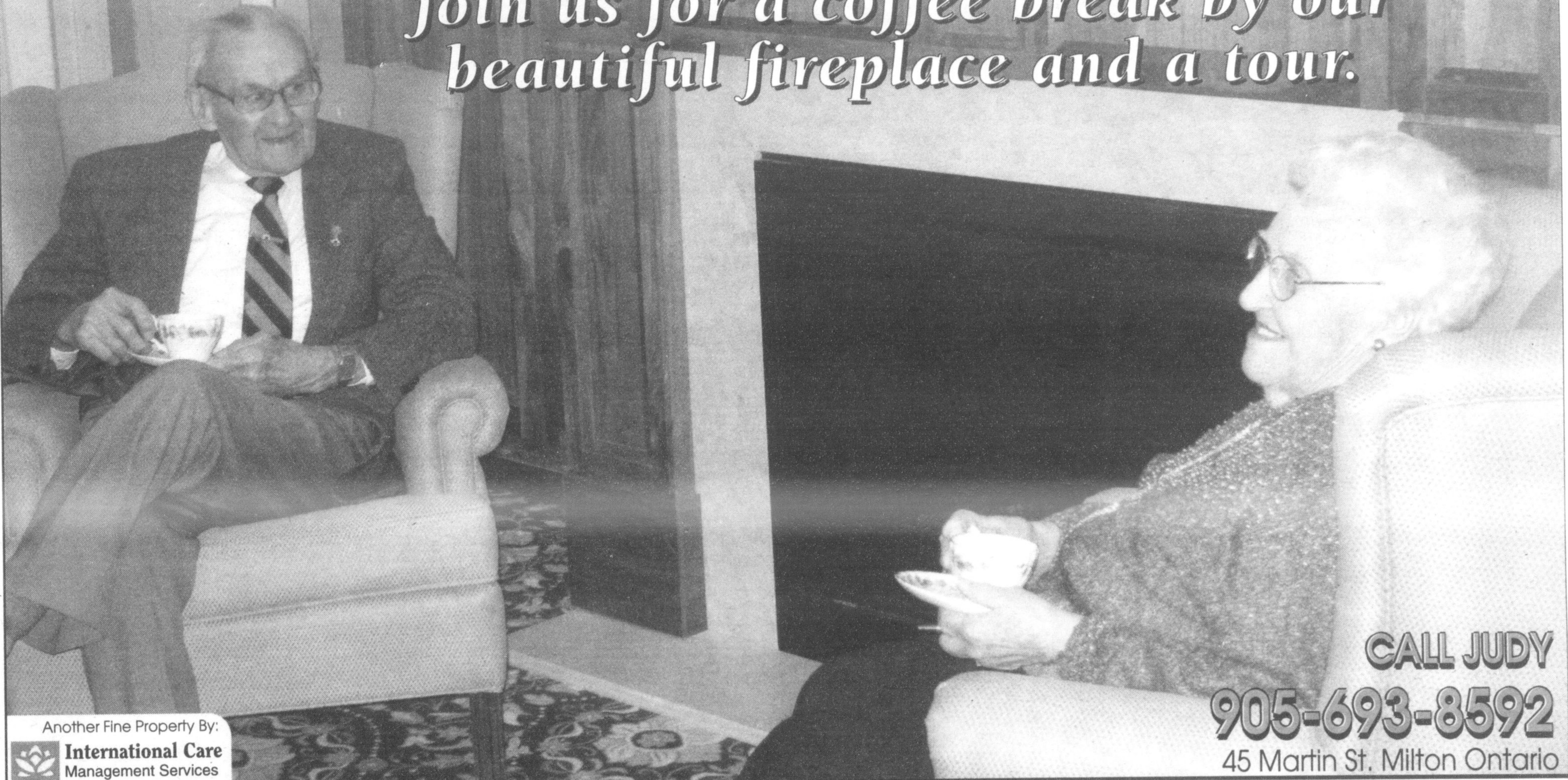




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Hand washing is the easiest way to prevent infection from spreading. Good hand washing techniques include washing with soap and water or using an alcohol based hand sanitizer. Wet hands with warm running water. Apply liquid soap and lather well. Rub hands vigorously together for at least 15-20 seconds. Scrub all surfaces, including back of hands, wrists between fingers and under fingernails. Rinse well. Dry with clean or disposable towel. Use towel to turn off the faucets. If you don't wash your hands frequently, you can infect yourself with germs by touching your eyes, nose or mouth. You can spread these germs to others by touching them or surfaces that others also touch, such as doorknobs.

Keep to yourself as much as possible when you have symptoms. Avoid visitors or making visits. This is not an easy task, but just think of how much faster everyone will recover or even avoid the flu, if you keep the germs from spreading to family and friends.

Make sure to you drink lots of fluids, tea, herbal teas, soups, water and lots of fruit and vegetables with help you get back the strength you need and will help avoid further outbreaks.

Always observe notices in buildings with health warnings, such as hospitals, senior residence etc. that ask you to stay away while you have any symptoms of flu or colds.

Get lots of rest, keep warm and cuddle up with a good book.

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