



## **KNOW WHAT TO DO TO FIGHT THE H1N1 FLU VIRUS**

The H1N1 flu virus is a respiratory illness that causes symptoms similar to those of the seasonal flu (fever and cough, runny nose, sore throat, body aches, fatigue and lack of appetite).

All strains of flu can be dangerous; however, good infection prevention measures can help protect you and others if this virus begins to spread rapidly in Canada.

- ▶ **Wash your hands often and thoroughly—for at least 20 seconds—in warm, soapy water or use hand sanitizer.**
- ▶ **Cough and sneeze in your sleeve, not your hand.**
- ▶ **Keep common surfaces and items clean and disinfected.**
- ▶ **Stay home if you're sick, and call your health care provider if your symptoms get worse.**

**KNOWLEDGE IS YOUR BEST DEFENCE**

For more information on flu prevention, visit  
**[www.fightflu.ca](http://www.fightflu.ca)** or call **1-800-454-8302**  
**TTY 1-800-465-7735**



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