

SEPTEMBER *Safety Talk*

Topic: Preventing the Flu

People of any age and any occupation can get the flu. The illness usually lasts three to seven days, sometimes longer in elderly people or those with chronic health issues. Some people can become very ill, requiring hospitalization.

In adults, symptoms of the flu include:

- fever
- chills
- cough
- runny eyes
- stuffy nose
- sore throat
- headache
- muscle aches
- extreme weakness/fatigue



How does the flu virus spread?

Mainly from person to person, from coughing or sneezing. People can also become infected by touching objects or surfaces with flu virus on them, and then touching their eyes, nose or mouth.

People with the flu may be able to infect others one day before symptoms develop and up to seven days after becoming sick (children may be contagious for longer).

How do you avoid getting, or spreading, the flu?

- Get a flu shot.
- Wash your hands with soap and water, thoroughly and often. Spend at least 20 seconds scrubbing your hands.
- Avoid touching your eyes, nose and mouth as germs on your hands can transfer into your body.
- Avoid large crowds of people where viruses can spread easily.
- Keep your distance (at least 2 metres) from others if you are ill or not feeling well.
- Keep common surfaces (including light switches, taps, door knobs) clean and disinfected.



- Keep an alcohol-based hand sanitizer (gel or wipes) handy at work, home and in your car. It has to be at least 60% alcohol to be effective.
- Cover your mouth and nose with a tissue when you cough or sneeze and throw the tissue away immediately; wash your hands immediately. If you don't have a tissue handy, cough or sneeze into your elbow, not your hands.

