

THE RISK OBSERVER

Safety Information for Residents

FLU SEASON

As flu season approaches, many health officials are advising people to take common sense precautions. Practicing healthy habits can help to stop the spread of the flu. Pay attention to announcements from the local government and follow local public health guidelines, including any movement restrictions and prevention recommendations.

- wash your hands frequently with soap and water, or use an alcohol-based hand sanitizer (containing at least 60% alcohol) to clean your hands
- Avoid spreading germs by touching your mouth, eyes and nose.
- Cover your mouth and nose with a tissue when you cough or sneeze, and deposit it in a trashcan - don't place it on any surface that others might touch.
- If tissue is not available, cough or sneeze into your upper sleeve, not your hands.
- Try to avoid close contact with sick people.

It is very important that you stay at home if you are sick. If your children are sick, have a fever and flu-like illness, they should not go to school. If you are ill, you should not get on an airplane or another public transportation.

Additionally, you should not go to work if you have any of the following symptoms:

- a sudden fever
- body aches and pains
- coughing
- fatigue

People who have the flu also experience nausea, vomiting, diarrhea and/or a runny nose and sore throat. If you are ill with fever or if you experience these symptoms, you should seek medical assistance from your normal health care provider.