

FLU & YOU:

What you need to know



Wash hands thoroughly and often for at least 15 seconds with soap and water.



Keep commonly touched surfaces and items clean and disinfected.



Keep an alcohol-based hand sanitizer handy at home and in your car.



Cough or sneeze into a tissue or your sleeve, not your hand. Dispose of tissues immediately.



If you are feeling ill, stay home.

For more information about seasonal flu, H1N1 and pandemic preparedness visit: ontario.ca/flu
Or call **ServiceOntario INFOline** at:
1-800-476-9708
TTY: 1-800-387-5559

If you have symptoms, call **Telehealth Ontario** at:
1-866-797-0000
TTY: 1-866-797-0007
Or contact your health care provider.

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