

FLU & YOU:

What you need to know



Good hand hygiene is the best way to fight the flu. Teach your children to wash their hands thoroughly and often for at least 15 seconds with soap and water.



Keep commonly touched surfaces and items clean and disinfected.



If you can't wash your hands keep an alcohol-based hand sanitizer handy such as in your car.



Teach children to cough or sneeze into a tissue or their sleeve, not their hand. Dispose of tissues immediately.



If your children are sick keep them at home.



Make sure you provide your up to date emergency contact information to the school in case your child becomes ill while at school.

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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