

HOW DO YOU REDUCE YOUR RISK OF CONTRACTING INFLUENZA?

Personal Hygiene

The practice of good personal hygiene is one the most effective strategies any individual can implement to reduce their risk of being infected by the influenza virus. Important points are:

- Cover the nose and mouth with the sleeve when coughing or sneezing (not with the hand, as that contaminates the hand for touching and spreading organisms further);
- Use a tissue for cleaning/blowing the nose, and dispose of it after use;
- Clean your hands after coughing or sneezing, using a tissue, or touching any surface that may have become contaminated by a prior user. If using a surgical mask, dispose of it carefully after use and wash hands:
 - Wash hands with soap and water (preferable) or clean with alcohol-based hand cleaner;
 - When you wash your hands, wash for at least 20 seconds, making sure that all surfaces of hands and fingers are cleaned.
- Become “touch aware”, and avoid touching surfaces that are likely to have been touched by others (door handles, stair railings, etc);



- Avoid handshaking, social kissing, and other social rituals that involve touching others.
- Be careful with respiratory secretions when around other people (e.g. coughing and sneezing). If possible, avoid contact with individuals at risk (small children or those with underlying or chronic illnesses) until respiratory symptoms have resolved.

