



- Clean your hands
- Cover your cough
- The H1N1 vaccination is available; however, it is your personal choice.
- Clean surfaces that could transfer germs such as door knobs, toys, light switches, telephones, etc.
- If you have a fever and cough: Minimize your contact with others, cough or sneeze in a tissue, dispose of it carefully, then clean your hands. Call your doctor or a health service for advice.
- If a family member has a fever and cough, don't share: food, towels, toothbrush (or holder), or other items that could transfer germs. Remain at least one metre away as much as possible. Clean your hands before eating, after coughing or sneezing, or after helping your child blow his/her nose. Call a doctor or a health service for advice if needed.

Employees

- Use an alcohol-based hand sanitizer at work before eating and after coughing or sneezing.
- Find out about work-at-home opportunities in the event that you need to look after a family member.

During an illness

If you are ill with a fever and a cough, stay home.

- Limit your contact with others.
- Cough or sneeze into a tissue, dispose of it carefully, then clean your hands either with soap and water or an alcohol-based hand sanitizer.
- Call your doctor or a health service for advice if needed.

For more information for employers, please visit:

http://www.ottawa.ca/residents/health/emergencies/pandemic/business/index_en.html



Sports and play activities create a nice warm, moist home for germs

- On your hands
- On sports equipment
- On benches and rest areas

Prepare for a possible influenza pandemic by protecting yourself

- Have your own water bottle and snacks
- Have alcohol-based hand sanitizer in your sports bag
- Clean your sports and play equipment regularly

During an illness

If you have a fever and cough, limit your contact with others

- Cough or sneeze in a tissue, dispose of it carefully, then clean your hands either with soap and water or an alcohol-based hand sanitizer
- Call your doctor or a health service for advice

KEEP OUT H1N1 FLU VIRUS !



Wayne Hanley
National President

www.ufcw.ca/H1N1

