


THE FLU AND YOU



Ways to protect yourself and others:

- Get your flu shot (Late October/ early November)
- Wash your hands often
- Cover your mouth when you cough or sneeze
- Avoid touching your face
- Stay home when you are sick
 - Do not visit hospitals or long-term care when you are sick (young children and elderly are most susceptible)
 - If you seek medical assistance, please use the masks provided before entering the emergency area
- Clean surfaces and shared items

References and Links:

The flu/ Ontario.ca www.ontario.ca/flu

For more questions regarding the flu and how to protect yourself, contact the local Health Unit:

Leeds, Grenville and Lanark District Health Unit

458 Laurier Boulevard Brockville, ON K6V 7A3 Tel: 613-345-5685 Fax: 613-345-2879 Web: www.healthunit.org

Flu Facts:

- The flu season starts late fall to early spring
- Anyone can catch the flu resulting in:
 - Fever
 - Severe aches and pains
 - Fatigue (lasting as long as 3 weeks)
 - Severe chest discomfort with cough and shortness of breath
- You could have the flu and be contagious before showing any symptoms of the flu
- The flu can be life threatening, especially if you are immunosuppressed or have a current respiratory condition
 - Encourage the people around you to get the flu shot to reduce the risk of passing the flu on to you.
- Complications from the flu can lead to hospitalization
- **The flu shot is your best defence**
 - It's free
 - Safe
 - Different every year to best match the changing flu virus
 - It does not give you the flu
- People who should not get the flu shot:
 - Children younger than 6 months
 - People with a history of severe, life-threatening allergies to the vaccine
 - People with a history of Guillain-Barré Syndrome should consult their doctor