

## Appendix C: Basic Personal Measures and Cough Etiquette

[http://www.gov.bc.ca/govt/swine\\_flu.html](http://www.gov.bc.ca/govt/swine_flu.html)

### GET THE FACTS ABOUT FLU AND STAY HEALTHY

Influenza is caused by viruses, and is generally spread when an infected person coughs or sneezes.

Here are six simple, common sense precautions that can help safeguard everyone's health:

- 1) Stay home when you're sick or have influenza symptoms.** Get plenty of rest and check with a health care provider as needed. If you have a fever or cough illness, regardless of where you have travelled, stay home from work or school and limit contact with others to keep from infecting them.
- 2) Avoid close contact with people who are sick.** If you are sick, keep your distance from others to protect them from getting sick.
- 3) Cover your mouth and nose with a tissue when coughing or sneezing, and throw the tissue away immediately.** It may prevent those around you from getting sick.



**4) Wash your hands. Washing your hands often will help protect you from getting sick.** When soap and water are not available, use alcohol-based disposable hand wipes or gel sanitizers.

**5) Avoid touching your eyes, nose or mouth.** You can become ill by touching a surface contaminated with germs and then touching your eyes, nose or mouth.

**6) Practice other good health habits.** Get plenty of sleep, be physically active, manage stress, drink plenty of fluids, eat nutritious foods, and avoid smoking, which may increase the risk of serious consequences if you do contract the flu.

**7) See a health care provider.** If your symptoms become worse see a health care provider, but call ahead of time to let them know you have fever or cough illness.

You can call [HealthLink BC](#) at **8-1-1**, 24 hours a day/seven days a week to speak to a nurse if you have more questions or if feeling ill.

For more steps on how to protect you and your family visit [FightFlu.ca](#)

To get a printable version of the poster, go to the following URL:  
[www.health.gov.bc.ca/pandemic/pdf/flu\\_poster.pdf](http://www.health.gov.bc.ca/pandemic/pdf/flu_poster.pdf)



Stop the spread of viruses that make you and others sick!



Cover your mouth and nose with a tissue when you cough or sneeze.



Throw tissues away immediately.



No tissue? Cough or sneeze into your upper sleeve, not your hands.



Clean your hands often with soap and warm water, or a gel or alcohol-based hand cleanser.



Stay home if you are sick.



Ministry of Health

For more information, visit [www.health.gov.bc.ca/pho/influenza.html](http://www.health.gov.bc.ca/pho/influenza.html)