

# FLU & YOU:

## What you need to know

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Wash hands thoroughly and often for at least 15 seconds with soap and water.



Keep commonly touched surfaces and items clean and disinfected.



Keep an alcohol-based hand sanitizer handy at home and in your car.



Cough or sneeze into a tissue or your sleeve, not your hand. Dispose of tissues immediately.



If you are feeling ill, stay home.

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For more information about seasonal flu, H1N1 and pandemic preparedness visit: [ontario.ca/flu](http://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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