



Stan & Fran's Health Hints



Special Edition - 2009

Staying Healthy in Flu Season

Protect Yourself and Others



Talk to your children and provide them with accurate information

Cough and sneeze into a tissue or the inside of your elbow

Avoid close contact with people who are sick

Avoid touching eyes, nose or mouth

Stay at home when sick

Wash your hands

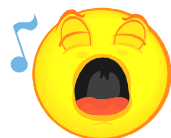


Handwashing:

The most important thing you can do to stop the spread of germs

❶ Wet hands under warm, running water.

❷ Add soap and scrub all parts of the hands for 15 seconds; to help children wash long enough, get them to sing Twinkle Twinkle Little Star or the ABC Song.



❸ Rinse under warm, running water for 15 seconds.

❹ Dry with a clean cloth or paper towel.

❺ If in a public restroom, use a towel, if available, to turn off the tap.

❻ Use hand lotion after washing to keep skin from getting dry and chapped.

If soap and water are not available, waterless hand sanitizers (alcohol-based) are an easy way to clean your hands. They are effective as long as your hands aren't visibly dirty. Young children should be supervised when using hand sanitizers.

Keep your children home from school and daycare if they have:

☹️ Fever

☹️ Cough

☹️ Sore throat

☹️ Body aches

☹️ Headache

☹️ Chills and fatigue

☹️ Vomiting or

diarrhea

If your child is sick, they should stay at home while they have symptoms or as directed by your doctor or Public Health Nurse.



If you have questions or concerns, phone HealthLinkBC at 811 or call your doctor. More information is also available at www.interiorhealth.ca