

Flu & U:

How you and your friends can stay healthy



Give your hands a good wash as often as you can. It's the best way to fight the flu!



If you can't wash your hands, use a hand sanitizer.



Cough or sneeze into a tissue or your sleeve, not your hand. Throw away the tissue right away.



Protect your friends - stay at home when ill and tell them not to visit when you're sick. Keep in touch online.

To find out more, visit ontario.ca/flu



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