



northvanrec
the place to be

Guidelines for the Prevention of Flu Influenza

Dear northvanrec Staff and Participants,

To help protect yourself and northvanrec participants during the coming flu season, we ask for your assistance in communicating and modeling these simple preventative guidelines.

Flu Influenza is caused by viruses, and is generally spread when an infected person coughs or sneezes. There are simple, common sense precautions that can help safeguard everyone's health.



Guidelines to protect yourself and others from influenza

Hand washing, when done correctly, is the single most effective way to prevent the spread of the flu. Wash hands often and thoroughly – for at least 20 seconds – in warm, soapy water or use hand sanitizer when soap and water are not available.

When using **hand sanitizer** apply enough product to keep hands moist for 15 seconds. Rub product thoroughly to cover all surfaces of the hands and fingers, including backs of the hand and fingertips. Keep rubbing until hands are dry.

Cover mouth and nose with a tissue when coughing or sneezing and throw tissues away immediately.

When there is no tissue, cough and **sneeze into your upper sleeve or inside of the elbow**, not your hand.

Avoid touching your eyes, nose or mouth.

Instructors and participants should stay home if sick or have influenza symptoms. Call HealthLinkBC 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.

Know the symptoms of the flu virus:

- cough
- fever
- sore throat
- body aches
- headache
- chills and fatigue
- lack of appetite



For more information of how to protect yourself and others from flu influenza, visit the BC Ministry of Health website

www.health.gov.bc.ca/pho/influenza.html