

# H1N1 Flu Virus

## Tips to stay healthy



Good hand hygiene is the best way to prevent the spread of all flu viruses. Wash your hands with soap and water thoroughly and often.



Keep an alcohol-based hand sanitizer (gel or wipes) handy at work, home and in your car. It needs to be at least 60% alcohol to be effective.



Cover your mouth and nose with a tissue when you cough or sneeze and throw the tissue out. Cough into your upper sleeve if you don't have a tissue.



Avoid large crowds of people where viruses can spread easily. Stay home when you are sick.



Keep common surfaces and items clean and disinfected.

## Cleaning your hands is the best defence against the flu

Proper hand cleaning is an important way to guard against the flu and limit the spread of the flu virus. Flu viruses can live on your hands for up to five minutes and they can live on hard surfaces that you touch with your hands – like countertops and telephones – for up to two days. So clean your hands often to protect yourself and others from getting the flu.

## Cleaning your hands

### Hand washing

Soap and water work well. Wash your hands thoroughly for about 15 seconds. Try humming a favourite tune and keep washing until the song is over to make sure you wash your hands long enough.

### Alcohol-based hand sanitizer

Alcohol-based hand sanitizers are as good as soap and water to clean your hands, unless they are visibly dirty. Make sure you really rub the sanitizer all over your hands, and be sure to use a sanitizer that contains 60 – 90% alcohol base. Keep alcohol-based hand sanitizer handy at home, at work, at school, and in the car.