

Simple Steps to Prevent the **Flu** this Season!

Get your flu vaccine every year.



Stay home when you're sick.



Keep common surfaces clean.



Avoid touching your face.



Cough and sneeze into a tissue or your sleeve.



Clean your hands often with soap and water or use hand sanitizer.



Durham Health Connection Line

905-668-2020 or 1-800-841-2729

durham.ca/flu

If you require this information in an accessible format, contact 1-800-841-2729.

