



Influenza Prevention

Clean Your Hands Often



Cough Into Your Sleeve or Elbow, and If Using a Tissue Clean Your Hands Immediately



The following can be symptoms of H1N1:

Fever
Headache
Tiredness
Body aches

Dry cough
Sore throat
Nasal congestion

If you have any of the following symptoms it is important for you to stay at home out of the public until the symptoms have been gone for 48 hours.

**In case of more severe illness - seek medical attention
Health Line 1-877-800-0002**