



## Flu and Cold Prevention Facts

In addition to cleaning your hands, covering your cough and getting your flu vaccine, you should:

Clean surfaces that could transfer germs such as:

- Door knobs.
- Toys.
- Light switches.
- Telephones.

This is especially important when someone in the house has a cold.

### During an illness

If you have a fever and cough:

- Minimize your contact with others.
- Cough or sneeze in a tissue, dispose of it carefully, then clean your hands either with soap and water or an alcohol-based hand sanitizer.
- Call your doctor or a health service for advice.

If a family member has a fever and cough:

- Don't share food, towels, toothbrushes or their holders, other items that could transfer germs.
- Remain at least one metre away as much as possible.
- Clean your hands before eating, after coughing or sneezing or after helping your child blow his/her nose.
- Call a doctor or a health service for advice, if needed.

You can speak to a registered nurse 24 hours a day, seven days a week at **Telehealth Ontario at 1-866-797-0000**

Adapted from Ottawa-Carlton Health Unit



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