

The Flu Forecast

Flu season is approaching.



When the flu is a risk

In Canada your risk of getting the flu is higher in the: late fall and winter
Your risk is lower the rest of the year.

Know the flu facts

The flu can be serious.

In Canada, an average of **12,200 hospitalizations** and **3,500 deaths** related to the flu occur each year

The flu is very contagious and can spread quickly and easily. Before you even know you are sick, you can pass the flu on to others.

The background image shows the exterior of a hospital building at night. The entrance is brightly lit with warm yellow lights. Above the entrance, the word "EMERGENCY" is written in large, glowing orange letters, followed by a large orange cross symbol. To the left, a smaller sign reads "TRAUMA" with a blue cross symbol. A few people and a dark car are visible near the entrance.

+ EMERGENCY +

TRAUMA +

The flu spreads very easily from person to person. Even before you notice symptoms, you may spread the virus to others. If you have the virus, you can spread it by:

- talking
- sneezing
- coughing

These actions release tiny droplets that contain the flu virus into the air.



You can become infected if these droplets land on your:

- eyes • nose • mouth

Infection can also happen if you touch any of these body parts after touching surfaces contaminated by infected droplets. Common contaminated surfaces include

- phones
- doorknobs
- someone's hands
- television remotes

FLU SEASON IS HERE.

**MINIMIZE
YOUR
RISK OF
CATCHING
THE FLU.**



Receive your annual
Flu Vaccine.



Wash your hands often
with soap and water.



Cover your nose & mouth
when you cough or sneeze.



Avoid touching your
eyes, nose, or mouth.



Wash your hands after
going to the washroom
and before eating.



Do not share your
food, drink, or utensils
with others.



Avoid close contact
with sick people.

DO YOUR PART.

CONVIRON

How to recognize the flu?



Sudden high fever



Headache



Cough or
sore throat



Muscle pain

What to do when you have the flu?



Cover your cough or
sneeze with your
arm/elbow or tissue



Wash your hands
frequently



Get plenty of rest



Drink plenty of
water and eat
nutritious food



Seek medical advice
if you are not getting
better or if you are
in a high risk group

DO YOUR PART.

CONVIRON®

<https://www.youtube.com/watch?v=h1l1sn14-YY>