

# FLU SEASON - Transmission, Prevention & Protection

**Flu season** is an annual time period characterized by the prevalence of Influenza outbreaks. Flu season typically occurs in the Fall or Winter; however, you can get the flu or a cold at any time of year. Although named “Flu Season”, many other viruses can be contracted during this time with varying symptoms. The virus that is currently receiving world-wide attention and concern is the **COVID-19 corona virus**. It is important to educate ourselves with preventative measures in order to reduce the risk of contracting any one of these viruses. We have provided information on transmission, prevention, and protection, as well as links to additional information.

## **TRANSMISSION - It can be transmitted through:**

1. The air, by sneezing or coughing.
2. Close personal contact, such as touching or shaking hands.
3. Touching an object or surface with the live virus on it; then touching your mouth, nose, or eyes before washing your hands. Viruses can remain active on hard surfaces for varying lengths of time.

## **PREVENTION - You may be able to reduce your risk of infection by doing the following:**

1. Wash your hands often with soap and water for a minimum of 20 seconds.
2. Avoid touching your eyes, nose or mouth with unwashed hands.
3. Avoid/limit close contact with people who are sick with a cold or the flu.
4. Carry tissues and hand sanitizer.
5. Frequently clean and disinfect shared surfaces (ie.) door handles, stair rails, elevator buttons, etc.
6. Avoid unnecessary travel and larger crowded areas.

## **PROTECTING OTHERS - If you have any symptoms, you can help protect others by doing the following:**

1. Stay home while you are sick.
2. Avoid close personal contact with others.
3. If you feel unwell, limit travel using public transit or flights.
4. Cover your mouth and nose with a tissue when you cough or sneeze, immediately discard tissue in the trash and ensure you wash your hands. If you do not have a tissue, use the inside of your elbow sleeve.
5. Clean and disinfect objects and surfaces often.

## **INCREASED RISK -There is increased risk of complications for those individuals:**

1. Aged 65 years of age and over
2. With compromised immune systems
3. With underlying medical conditions (ie.) Diabetes, Heart problems, Asthma/COPD, etc.

**Flu (Influenza) - <https://www.canada.ca/en/public-health/services/diseases/flu-influenza.html>**

**Corona Virus (COVID-19) - <https://www.canada.ca/en/public-health/services/diseases/coronavirus.html>**

**Corona Virus Disease 2019 - <https://www.cdc.gov/coronavirus/2019-ncov/index.html>**