

# TAKING CARE: The Flu And You



While the news is full about the Seasonal Flu and H1N1 and the possibility of a pandemic, experts are advising us to take care and take precautions, yet carry on with our normal activities.

There are actions you can take to help yourselves, your families and your co-workers stay healthy:

**Be informed.** There are many excellent websites to investigate for the most current information.

Here are a few:



World Health Organization link on prevention of H1N1:

[http://www.who.int/csr/disease/swineflu/faq\\_prevention/en/index.html](http://www.who.int/csr/disease/swineflu/faq_prevention/en/index.html)

Mayo Clinic link on understanding and protecting against germs, bacteria and viruses:

<http://www.mayoclinic.com/health/germs/ID00002>

Public Health Agency of Canada:

<http://www.phac-aspc.gc.ca/index-eng.php>

**Organizational Health Inc is here**

**to help.** If you'd like further information or support, please call us at 1-800-267-5865 or check out our website at

[www.orghealthinc.com](http://www.orghealthinc.com) for more resources.

**Take Action!** You can help reduce the risk of spreading the flu by simply:

**Wash your hands frequently** - keep containers of hand sanitizers around the office to make it easy to clean often.

**Keep shared surfaces clean** - frequently wipe down surfaces such as computer keyboards, common counters, door handles etc.

**Stay home if you're sick** - going to work when you have symptoms of flu may cause you to pass the illness to your colleagues and friends.

**Control your sneezes and coughs** - cough into your sleeve, cover your nose and mouth.

**Contact your doctor** if you experience the signs and symptoms of flu.

**To Contact OHI:  
Call 780-944-0321  
Toll free 1800-267-5865**