



Region of Waterloo

PUBLIC HEALTH

FACT SHEET

Six Simple Steps to Help Keep You Healthy

1. Wash your hands often using soap and water or an alcohol-based hand sanitizer.

Ensure hands are washed:

- After coughing, sneezing or blowing your nose
- After shaking hands
- Before eating
- Before putting in contact lenses
- Before touching your face
- After using the washroom



2. Avoid touching your face as much as possible.
3. Cough and sneeze into a tissue, your sleeve or upper arm. Throw out used tissues right away.
4. Do not share objects that have been in other people's mouths, e.g. toothbrushes, drinks and water bottles, unwashed utensils, cigarettes, lip products, and mouthpieces of musical instruments.
5. Continue doing what you normally do, but stay home if you feel sick. You can return to work or school one day after you are symptom free. Staying home will help prevent the spread of infections to co-workers and the general public.
6. Frequently clean common surfaces such as keyboards, doorknobs, countertops, etc., with warm soapy water, or a mild household detergent.

Symptoms of influenza include:

- Fever
- Cough
- Sore throat
- Headache
- Sore muscles
- Joint pain
- Sometimes diarrhea and vomiting

For more information, contact Region of Waterloo Public Health at 519-883-2000 or visit our website at www.region.waterloo.on.ca/ph

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