

Peel Public Health shares tips to help prevent the flu

As flu season continues, we want to make sure students stay as healthy as possible. Influenza (flu) spreads easily from one person to another and Peel Public Health has some tips to help reduce the risk of catching the flu and spreading it:

- **Get your annual flu shot:** The flu shot is your best defence against the flu. There are many locations across Peel where you can get your flu shots:
 - Family Doctors' offices
 - Walk-in clinics
 - Pharmacies
 - Peel flu clinics
- **Keep children home when they're sick:** If your child develops flu-like signs and symptoms (fever, cough, sore throat, body aches, headache, chills and fatigue), keep them home from school. Contact your health care provider if symptoms are severe.
- **Practice good hygiene:** Help your child get into the habit of covering their nose and mouth with a tissue when they cough or sneeze and throw tissues in the trash. Cough or sneeze into a sleeve or elbow, if they don't have a tissue. They should also avoid touching their eyes, nose or mouth. This is how germs are spread.
- **Wash your hands:** Encourage your child to wash their hands often with soap and water or use hand sanitizer, especially after they cough or sneeze.

For more information, call Peel Public Health at 905-799-7700 or visit www.peelregion.ca/flu or www.ontario.ca/flu.