

# SIMPLE WAYS TO STOP THE FLU



**WASH YOUR HANDS** before touching food or your face and straight after coughing or sneezing.



**STAY HOME** if you're sick. Don't 'soldier on' – the flu spreads easily.



**TALK TO YOUR DOCTOR** about vaccination – it helps stop the flu.



**DON'T COUGH OR SNEEZE WITHOUT COVERING YOUR MOUTH.** Use the inside of your elbow if you don't have a tissue.

## THE FLU AND YOU

Every year the flu (influenza) kills **1500 Australians.**

The flu is different to common coughs and colds. Symptoms of the flu include fever, cough, extreme tiredness and muscle aches.

The flu is very contagious and can be spread even before symptoms appear.

You can catch the flu by **breathing** in tiny droplets from someone coughing near you, or by **touching** something that has the virus on it and then touching your **mouth, eyes or nose.**

Flu viruses can **stay alive on surfaces** for hours and can get on surfaces if you forget to cover

your cough, or if you cough into your hands and then touch things.

Hand washing is a great way to stop the flu.

Wash the germs off your hands before your hands spread the germs.

For more information visit [www.dhhs.tas.gov.au/healthyliving](http://www.dhhs.tas.gov.au/healthyliving) or talk to your doctor or pharmacist.

