



Mamawetan Churchill River Health Region

Public Service Announcement

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For more information, contact:
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Fall is Flu Season

The Mamawetan Churchill River Health Region reminds you that fall is flu season.

You can stop the spread of germs that make you and others sick:

Wash your hands frequently or use an alcohol-based hand sanitizer;

Cough and sneeze into your upper sleeve, or a tissue, and then clean your hands;

Stay away from work, school or gatherings when you are ill.

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Together in Wellness