



## Public Service Announcement

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### Flu protection at school

Our summer has quickly passed and students are back in school. Schools and child care centres are known settings for increased transmission of influenza including H1N1. The northern Medical Health Officers remind you to encourage your children to protect themselves against the spread of infection from the flu virus.

Tell them to wash their hands frequently, or use an alcohol-based hand sanitizer. Remind them to cough and sneeze into their sleeves, or a tissue, and then clean their hands.

It is important to practise healthy habits, such as not drinking from the same cup or glass. Provide your children with their own water bottles for sports activities.

If your children are sick, do yourself and your family and friends a favour, and keep them at home.

If you would like more information about influenza, or if your children have a fever and are experiencing other flu symptoms such as cough, muscle aches, loss of appetite or fatigue, **please call the HealthLine at 1-877-800-0002**. Translation services are available in Cree and Dene.

Enjoy the new school year and practice healthy habits!