



Public Service Announcement

For more information, contact:

Rowena Materne, 235-5834

Linda Mikolayenko, 425-4812

For more information on influenza:

<http://www.health.gov.sk.ca/influenza-monitor>

HealthLine: 1-877-800-0002

April 30, 2009

Reducing the Risk of Flu

The northern Medical Health Officers remind you that you can reduce the spread of infection from the influenza virus.

Wash your hands frequently, or use an alcohol-based hand sanitizer with at least 60% alcohol content.

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.

If you have a fever of over 38 degrees, and are experiencing other flu symptoms such as cough, muscle aches, loss of appetite, fatigue and shortness of breath, please call the HealthLine at 1-877-800-0002 or seek medical attention.

Practising good lifestyle habits can help you stay healthy.

Eat well and drink plenty of water.

Enjoy daily exercise.

Get plenty of rest.