



## POPULATION HEALTH UNIT

Northern Saskatchewan



# Public Service Announcement

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## Flu protection at summer events

Over the summer, there are many events that bring together large groups of people. These celebrations are important to families and communities, however, they can also increase the risk of illness. The northern Medical Health Officers remind you to protect yourself against the spread of infection from the flu virus.

Wash your hands frequently, or use an alcohol-based hand sanitizer. Cough and sneeze into your sleeve, or a tissue, and then clean your hands.

If you are sick, do yourself and your family and friends a favour, and please stay away from large gatherings. Even if you are well, if there is influenza occurring in the area, you may wish to avoid large gatherings which could bring you in close contact with people who are sick and increase your risk of getting the flu.

If you would like more information about influenza, or 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.**

Enjoy the summer, but don't take a vacation from good health practices!