



Hygiene



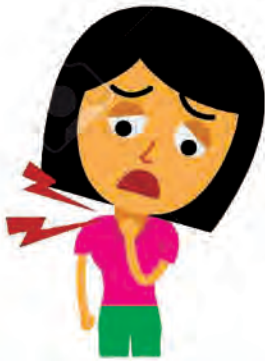
Influenza



Seasonal flu is a respiratory illness

That is caused by flu viruses that mutate/change each year. It spreads easily. In Aruba the peak period is every November and February in Aruba.

FLU SYMPTOMS



SORE THROAT



PAIN IN MUSCLES



HEADACHE



COUGH



**RUNNY or
STUFFY NOSE**



HIGH FEVER >38°

How does it spread?

When sneezing, coughing, talking or laughing. The flu virus can spread into the air as droplets from mouth or nose and may spread to people and surfaces within 1.5 meter.

It can spread to your hands if you touch anything that has the virus on it. Hand hygiene is the best way to prevent transmission to your nose or mouth.

STOP THE SPREAD OF COLD & FLU

REMEMBER THE 3 C'S



1. CLEAN

Disinfect your hands using an alcohol-based sanitizer.



2. COVER

Cover your cough. Use a tissue to cover your mouth and nose when you cough or sneeze. *Don't have a tissue?* Your sleeve will do.



3. CONTAIN

Contain germs by steering clear of others who are sick. If you do get sick, avoid contact with hospitalized patient or wear a surgical mask until you're well again so you don't spread more germs.

Information

For more information please contact:

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