

**what you need**

**to know about the**

**FLU**



**Influenza (flu) is a sickness caused by a virus.** Every year many people get the flu. This year there are two flu viruses. One is the seasonal flu and one is called H1N1. The symptoms are similar, and include:

- Cough
- Fever
- Body aches

**If you think you have the flu, please call The Youth Centre before your visit.** If you come to The Youth Centre and have a cough or fever, you will be asked to wear a mask so you don't spread the virus. Then, you will be seen by a nurse or doctor as soon as possible.

Watch for information, as it becomes available, on The Youth Centre's website and at reception about **immunization**. The H1N1 and Seasonal Flu vaccines are available.

**To help you stay healthy, please follow these directions:**

- Wash your hands with soap and water often and well.
- Use an alcohol-based hand sanitizer (at least 60% alcohol) when you can't wash your hands.
- Cough and sneeze into your sleeve or a tissue, not your hand. Throw out the tissue right away and wash your hands.
- Do not share personal items like towels, spoons, forks, etc.
- Clean and disinfect commonly touched surfaces such as doorknobs.
- Stay home when you are sick.
- Get immunized against the flu.

For more information please visit the following link:

[www.durham.ca/health.asp?nr=/departments/health/healthinside.htm](http://www.durham.ca/health.asp?nr=/departments/health/healthinside.htm).