



STAY ONE STEP AHEAD OF THE FLU

KNOW THE FACTS

FACT 1

Some people have a higher risk of contracting flu-related complications.



FACT 3

Most flu treatments only relieve symptoms while your body fights the virus.



FACT 2

You can spread the flu virus before and after symptoms appear.



FACT 4

Covering your mouth and practising good hand hygiene can significantly reduce the spread of the flu.



1. Protect yourself and others – get vaccinated annually

The flu vaccine is the most effective way of lowering your risk of infection and flu-related complications. Get vaccinated every year – ideally before the start of Winter.

2. Practice good hygiene

- Wash your hands often with soap and water for at least 20 seconds.
- Use alcohol-based hand sanitiser when soap isn't available.
- Avoid touching your eyes, nose, and mouth. Make sure to wash your hands afterwards if you do.

3. Avoid close contact

Stay away from people who are sick, coughing, sneezing, or showing flu symptoms. If you are feeling unwell, stay home to prevent spreading the virus.

4. Boost your immune system

- Eat a balanced diet rich in fruits, vegetables, and whole grains.
- Stay hydrated during the day by drinking lots of water.
- Aim for 7 – 9 hours of sleep each night.
- Exercise regularly to keep your immune system strong.

5. Disinfect high-traffic surface areas

Clean frequently touched items like doorknobs, phones, and keyboards regularly to reduce the risk of transmission.

