

## Health and Safety Tips

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### What is INFLUENZA?

Influenza (flu) is a viral infection of the bronchial tubes and lungs, usually occurring in Canada between November to April. Symptoms include fever, chills, cough, sore and achy back, arms and legs. For some people, flu can cause severe illness and death. Immunization against flu is publicly funded and advised for Nova Scotians, especially for those at high risk.

### What is CONJUNCTIVITIS?

Conjunctivitis (pink eye) is an infection of the covering of the eyeball, usually by a virus, but can also be by bacteria, allergies, or chemical irritants. Symptoms include scratchy or painful eye, watery or pus discharge which may turn crusty during sleep, and the whites of the eyes turning pink or red.



[Dirty Hands Spread Infection.](#)  
[Wash up.](#)

### Some Personal Prevention Reminders:

- Wash hands often with soap and water, especially after a sneeze or cough. When soap and water are not handy, alcohol-based hand sanitizer is an alternative.
- Cough and sneeze into elbow or sleeve.
- If using tissues, dispose of them appropriately and wash hands.
- Limit touching eyes, nose and mouth.
- Do not share drinking glasses, water bottles, mouth guards, cosmetics, eating utensils, washcloths and towels.
- If concerned that medical advice or care is needed, contact HealthLink 811.
- Like any illness, if symptoms worsen, visit a doctor or clinic.

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Make health and safety an important part of your life. For more information, contact the Occupational Health and Safety Manager, Gail Sinclair at 541-3036 or email: [gsinclair@ssrsb.ca](mailto:gsinclair@ssrsb.ca)