

## Health and Safety Tips

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

### Flu 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 or eating utensils.
- If concerned that medical advice or care is needed, contact HealthLink 811.
- Like any illness, should 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)