

FLU SEASON TIPS

STAYING HEALTHY

Are you practicing flu prevention techniques?

Humber encourages our staff, students and visitors to continue to practice flu prevention techniques.

Influenza, the “flu” is a contagious respiratory infection caused by Influenza A and B viruses. Common symptoms include fever, chills, sore throat, cough, muscle aches and extreme fatigue.

Help Prevent Spread of the Flu

1. Obtain the flu vaccine.
2. Wash your hands often with soap/water or use hand sanitizer.
3. Cough or sneeze into tissue or your sleeve.
4. Avoid touching your eyes, nose or mouth.
5. Regularly clean surfaces and shared items.
6. Stay at home when you're sick.

Humber Services

- Flu vaccines available to staff and students at North and Lakeshore Health Centres.
- Additional cleaning and disinfecting measures in common public areas, including in Residences, Athletics, Food Services, Computer Labs and Washrooms.
- Hand sanitizing dispensers (e.g. at elevators) in common public areas.
- Regular communication with Toronto Public Health regarding flu prevention and treatment.

- Humber College Student Wellness & Accessibility Centre: humber.ca/student-life/swac/health-counselling
- Humber College Health and Safety Services: hrs.humber.ca/safety.html
- Toronto Public Health Influenza Fact Sheet: toronto.ca/community-people/health-wellness-care/diseases-medications-vaccines/influenza-flu-fact-sheet/
- Telehealth Ontario: ontario.ca/page/get-medical-advice-telehealth-ontario



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