

Prevent the spread of influenza

Influenza spreads easily from person to person through droplets coughed or sneezed into the air by people already infected with the virus. It's also transmitted through hands, which can carry the infection.

Simple steps for reducing the risk for infection:

If not ill

- Wash your hands regularly with soap and water or use alcoholbased hand sanitizers or disposable towels.
- Avoid touching your eyes, nose and mouth. Your hands may have picked up flu viruses from surfaces such as door handles.
- Avoid close contact with people who appear to be ill.

If ill

- When you cough or sneeze, cover your mouth with a disposable tissue. Bin the used tissues immediately.
- If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.
- After you sneeze and blow your nose, wash your hands with soap and water or use alcoholbased hand sanitizers or disposable towels.
- Stay at home. Do not go to work or school or run errands. This helps prevent the spread of the virus.

Monitor your health and, if necessary, telephone your doctor. Home treatment is enough if you are otherwise healthy and have only mild symptoms.

Flu symptoms

- Fever (38 °C or more)
- Cough, sore throat and runny nose
- Body aches, headache, chills and tiredness

Source and additional instructions: www.thl.fi