**October – Influenza awareness month**

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.Did you know that the flu is spread easily from person to person by respiratory droplets spread by infected persons through coughing, sneezing, or talking. If you have a cough or sneeze remember to cover up, use a tissue or cough and sneeze into your sleeve. Help keep yourself and others safe by remembering this important tip.

Did you know that one of the best ways to prevent the spread of the flu is to wash your hands frequently. 20 seconds of handwashing helps remove bacteria and viruses. If you don’t have access to a bathroom to wash your hands use hand sanitizers.

Did you know that the spread of the flu is also spread through direct contact with objects contaminated by the influenza virus, such as toys, eating utensils, and unwashed hands. Therefore it is important to keep surface areas clean. Regular cleaning of doorknobs, telephones, and keyboards can help.

Remember that the flu spreads rapidly among humans. Therefore, if you get sick with flu like symptoms it is important for you to stay home. Wait until you no longer have a fever and your cough is improving.

Remember that one of the best ways to protect yourself and others from the flu is to get your yearly flu shot. This is free for children up to the age of 18, look into booking your appointment at your doctors office, pharmacy or other health care facility.

Germs are everywhere and are so small that we can not see them. Keeping our hands clean is one of the BEST ways to stop the spread of germs and stay healthy. Handwashing is easy, cheap and allows you to take an active role in your own health. Plus it is one of best ways to prevent the spread of the flu, so remember to wash your hands frequently.