

STAY HEALTHY
THIS WINTER



**Five Hills
Health Region**

Healthy People – Healthy Communities

With Proper Hand Washing

Washing your hands is the single most effective way to protect yourself, your loved ones, and those around you from diseases and influenza.

Five Hills Health encourages you to protect yourself; wash your hands frequently and thoroughly with soap and warm water or use hand sanitizers.

[Click here](#) for a 'Hand Washing' demo video.

Scroll down for other tips
and links on how to stay healthy this winter.



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Health Region**

Healthy People – Healthy Communities



**Hand Washing is the
best way to stop the
spread of germs!**

How to stay healthy!

- To keep others healthy, if you are sick, you should stay home from work and children should be kept home from school.
- If you have vomiting or diarrhea, you are contagious until 24 hours after you stop having diarrhea or vomiting.
- Wash hands often with soap and water or use hand sanitizers.

Online information and resources about influenza from the Government of Canada, in collaboration with provincial and territorial governments.

Fight Flu
www.fightflu.ca