

Stay Healthy Tip Sheet

Alberta Health Services has prepared the following checklists to help you stay healthy and protect others in case of emergency.

Staying Healthy

There are some simple and important things that you can do to keep yourself healthy, should a pandemic influenza outbreak occur.

- Wash your hands frequently.
- Keep your nails clean and short.
- Don't smoke. Quit smoking if you do smoke.
- Eat nutritious foods.
- Drink plenty of fluids.
- Keep your hands away from your face.
- Stay away from large crowds and buffet style meals.
- Rest, relax, avoid stress.
- Exercise regularly.
- Stay away from alcoholic beverages.

What To Do If You Get Pandemic Influenza

- Stay home. Let your supervisors know that you have the symptoms for pandemic influenza. Keep away from people who are elderly, children, or people with chronic illnesses. Make a list of the people you have been in contact with.
- Follow the advice of your doctor about what medicine to take.
- Take your temperature in the morning and in the evening. Write it down so that you can tell your doctor, if required.
- Rest.
- Drink plenty of fluids.
- Keep your toothbrush separate from others.
- Wash dishes in hot, soapy water. Rinse well.
- Cover your mouth with a tissue when you cough or sneeze.
- Put used tissues in the garbage.
- Wash your hands frequently. This is especially important after sneezing, coughing, before and after handling food, using tissues or using the washroom.

Washing Your Hands

- Wash your hands before and after touching food, after using the washroom, shaking hands, handling equipment and touching anything else that may have germs on it.
- Keep your nails short and clean. False nails and nail polish make it difficult to remove germs from your nails.
- Before washing your hands, check to be sure that soap and clean paper towel are available to use.
- Wet your hands with warm water.
- Use soap, rubbing it into a lather, covering all of your hand surfaces. Wash between the fingers, around the nails and the wrists. Slowly count to 20 as you are washing. It takes this much time to do a good job.
- Rinse your hands well.
- If water and soap are not available, use pre-moistened towelettes to remove visible dirt and grime, then use an alcohol based hand sanitizer. Apply some to your palm and rub into all parts of your hands and fingers until dry. After every 10 to 15 uses of hand sanitizer, you should wash your hands with soap and water.
- Dry your hands and then use the paper towel to turn off the taps.
- Drop the used paper towel into the garbage.
- As you exit the bathroom, use your shoulder or paper towel to open the door.
- Apply protective lotion to your hands several times a day to keep the skin in good condition.