

## BULLETIN TO ACCOMPANY THE POSTER

# “Fighting **THE FLU** on **ALL** fronts”

**PRESENTATION:** This bulletin is meant to be a tool for teachers. It is intended to complement the illustrations on the poster *Fighting the Flu on All Fronts!* by explaining to preschool and elementary school students the behaviours they should practise in order to prevent the transmission of viruses like the flu virus.

### STRUCTURE OF THE BULLETIN:

The bulletin reproduces the illustrations on the poster. The desired behaviour corresponding to each illustration is outlined and the “Why?” section explains how this behaviour can help prevent the spread of viruses.



If you have to **COUGH** or **SNEEZE**,  
do so **INTO THE BEND OF YOUR ELBOW!**

It is important to cough into the bend of your elbow (demonstrate the action) instead of into your hands.

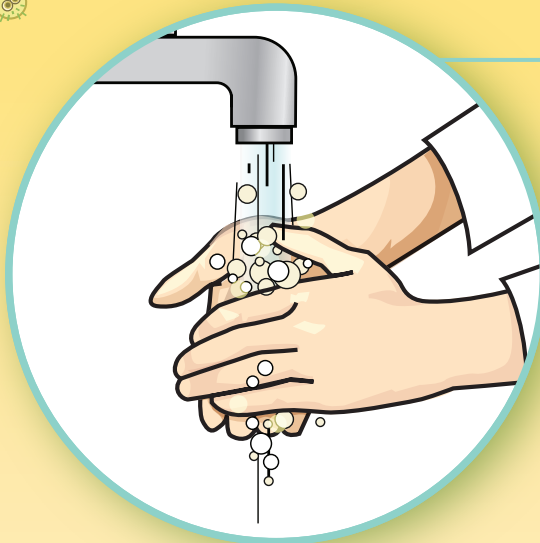
**WHY?** Coughing and sneezing into the bend of your elbow prevents the virus from spreading into the space around you. Also, it's a way for you to protect yourself. By coughing or sneezing into the bend of your elbow, you avoid touching your hands, which might get the virus on them—if it's not on them already. It's also important that you not put your fingers on your mouth or nose, and avoid contaminating others by being careful not to touch objects if your hands aren't clean.



### Throw your **USED TISSUES** in the **GARBAGE CAN!**

It's important for you to put any tissues you may have used to wipe your nose or cover a cough or sneeze into in a garbage can with a closed lid.

**WHY?** Throwing out dirty tissues prevents you from contaminating the space around you. Used tissues can contain viruses: that's why it's important to make sure that they don't touch any objects or surfaces that people can easily reach.



### **WASH YOUR HANDS** with **SOAP** and **WATER!** And wash them often!

It's important to wash your hands before meals, after going to the bathroom and after wiping your nose or placing your hands on surfaces that many people touch, like stair railings, doorknobs and so on.

#### **HERE'S THE PROPER WAY TO WASH YOUR HANDS:**

Wet them, rub soap into them (making sure to wash under your fingernails), rinse them until there's no soap left and dry them well. Then toss the paper towel you used into the garbage.

If you don't happen to be near soap and water, you can use an antiseptic product that contains at least 60 per cent alcohol. Rub your hands together until the product evaporates. It's important, however, not to let any of this product get into your eyes or any cuts you may have, because it can sting and irritate them. And, just as you'd do with soap, make sure not to swallow any of it.

**WHY?** By washing your hands you kill any viruses that may be on them. Since it's easy for your hands to come into contact with your face—a "door" wide open for the virus!—keeping them clean really cuts down on the risk of contamination.



### **DON'T SHARE BOTTLES, UTENSILS** or **FOOD** with your friends!

It's important that you not share bottles, utensils or food with your friends, even if they don't seem sick.

**WHY?** Sharing bottles, utensils or food with friends can transmit the virus through saliva, which can contain viruses.

#### **MORE INFORMATION:**

- The Influenza Pandemic section of the Web site of the Ministère de l'Éducation, du Loisir et du Sport:  
[www.mels.gouv.qc.ca/sections/pandemieinfluenza/](http://www.mels.gouv.qc.ca/sections/pandemieinfluenza/)  
Click on "English" in the left-hand column.
- The Pandémie Québec Web site at the following address:  
[www.pandemiequebec.ca](http://www.pandemiequebec.ca)  
Click on "English" in the top right-hand corner of the page.