

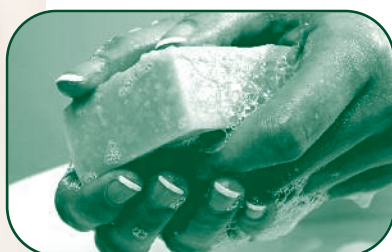
# Know What to do to Fight the Flu

Knowledge is your best defence against the H1N1 flu virus (human swine flu).

#### Flu symptoms are:

- cough and fever
- runny nose
- sore throat
- body aches
- fatigue and
- lack of appetite

If you have these symptoms, please be considerate of others and return home.



#### Protect yourself and others:

- Wash your hands often and thoroughly
- Cough and sneeze into your sleeve or a tissue
- Keep surfaces and items clean and disinfected
- If you're sick, stay home

Find out more – go to [www.trentu.ca/fluupdates](http://www.trentu.ca/fluupdates)

Wondering if you have the H1N1 virus? Call Telehealth Ontario at 1-866-797-0000 or contact your health care provider.

LEARNING TO MAKE  
A WORLD OF DIFFERENCE.™

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