



KNOW WHAT TO DO TO FIGHT THE FLU

Knowledge is your best defence against
the Pandemic H1N1 2009 (pH1N1)
Influenza Virus

Flu symptoms are:

- ❖ Fever
- ❖ Weakness/fatigue
- ❖ Lack of appetite
- ❖ Coughing
- ❖ Sore throat
- ❖ Headache
- ❖ Sore muscles
- ❖ Joint pain

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

Protect yourself and others:

- ❖ Wash your hands often and thoroughly or use alcohol-based hand rub
- ❖ Cough and sneeze into your sleeve or a tissue
- ❖ Avoid touching eyes, mouth and nose
- ❖ Keep surfaces and items clean and disinfected
- ❖ If you're sick, stay home



Find out more – go to www.pvnccdsb.on.ca/fluupdates

Sick with flu-like illness? Symptoms are getting worse?

Call Telehealth Ontario at 1-866-797-0000 or contact your health care provider.

To view this document in an accessible format, please visit

www.pvnccdsb.on.ca/fluupdates



Peterborough Victoria
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