

# HOW TO AVOID SPREADING THE FLU



## FLU SPREADS IN 3 MAIN WAYS

- 1 Through direct contact with an infected person<sup>1</sup>
- 2 Via surfaces contaminated with the virus<sup>2</sup>
- 3 As moisture droplets expelled in the air<sup>3</sup>

You can be infected and contagious up to **a day before** showing symptoms – and up to **a week after** becoming sick.<sup>4</sup>

Ask your doctor or your pharmacist for more information on how to fight the flu



## PROTECT YOURSELF AND OTHERS<sup>5</sup>

- > Carry sanitizer / wash hands frequently – and properly
- > Don't touch your T-Zone – eyes, nose and mouth
- > Isolate yourself when ill / avoid anyone showing symptoms
- > Cover coughs and sneezes
- > Use tissues and dispose of them immediately
- > Wear a face covering when ill and interacting with others
- > Stay home until at least 24 hours after fever subsides<sup>11</sup>



## FOCUS ON HYGIENE<sup>6</sup>

### 20% of respiratory illnesses such as colds and flu could be prevented by proper handwashing<sup>7</sup>

1. Use clean, running water and work up a lather with soap
2. Rub palm to palm, the backs of your hands, between the fingers – and clean under nails
3. Keep going for 20 seconds
4. Rinse well and dry your hands on a clean towel or by air drying



## GET YOUR FLU SHOT<sup>8</sup>

The best protection against seasonal flu is annual flu vaccination, especially for high-risk groups – children 6 months to 5 years old, people over 65 years old, pregnant women, and people with long-term medical conditions.<sup>8</sup> Recent studies show vaccination reduces the risk of flu by **40% – 60%** in the general population.<sup>9</sup>

<sup>1</sup> Pandemic Influenza Preparedness Team. Routes of Transmission of the Influenza Virus: Scientific Evidence-Based Review. London: Department of Health; 2011. Available at: [https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/215667/dh\\_125332.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/215667/dh_125332.pdf). Last accessed: June 2020. <sup>2</sup> Centers for Disease Control and Prevention (CDC). Environmental NPIs. Surface Cleaning. Available at: <https://www.cdc.gov/nonpharmaceutical-interventions/environmental/index.html>. Last accessed: May 2020. <sup>3</sup> CDC. Catching the Flu. Available at: <https://blogs.cdc.gov/niosh-science-blog/2013/01/15/catchingtheflu/>. Last accessed: June 2020. <sup>4</sup> CDC. How Flu Spreads. Available at: <https://www.cdc.gov/flu/about/disease/spread.htm>. Last accessed: June 2020. <sup>5</sup> CDC. Healthy Habits to Prevent the Flu. <https://www.cdc.gov/flu/prevent/actions-prevent-flu.htm>. Last accessed: June 2020. <sup>6</sup> CDC. Wash Your Hands Often to Stay Healthy. Available at: <https://www.cdc.gov/features/handwashing/index.html>. Last accessed: May 2020. <sup>7</sup> CDC. Show Me the Science – Why Wash Your Hands? Available at: <https://www.cdc.gov/handwashing/why-handwashing.html>. Last accessed: June 2020. <sup>8</sup> World Health Organization (WHO). Influenza Fact Sheet. Available at: [https://www.who.int/en/news-room/fact-sheets/detail/influenza-\(seasonal\)](https://www.who.int/en/news-room/fact-sheets/detail/influenza-(seasonal)). Last accessed: June 2020. <sup>9</sup> CDC. Flu Vaccine Effectiveness. Available at: <https://www.cdc.gov/flu/vaccines-work/vaccineeffect.htm>. Last accessed: May 2020. <sup>10</sup> CDC. The Flu. Caring for Someone Sick at Home. Available at: [https://www.cdc.gov/flu/pdf/freesources/general/influenza\\_flu\\_homecare\\_guide.pdf](https://www.cdc.gov/flu/pdf/freesources/general/influenza_flu_homecare_guide.pdf). Last accessed: June 2020. Copyright © GlaxoSmithKline 2020. All rights reserved. August 2020 | PM-GL-PCF-20-00014