

**Lower  
your risk  
of catching  
the flu**

**in 6 easy  
steps**

**START**

**WASH YOUR HANDS  
THOROUGHLY FOR  
20 SECONDS AFTER  
GOING TO THE BATHROOM**  
... when you get home,  
before meals and after  
having been with a lot of  
people.



**RISK OF CONTAGION**

**1 DAY**

before  
symptoms  
appear

**FROM 5 TO**

**7 DAYS**

after the flu starts

**SMART PHONES HARBOUR**

**10 TIMES**

**MORE GERMS THAN  
TOILET SEATS**



**2**

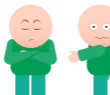
**REMEMBER TO CLEAN**

faucets, door handles, phones,  
light switches, railings and  
keyboards.

**20 MINUTES**

= the length of time germs remain  
suspended in the air after you sneeze

**BEHAVE LIKE A  
SOCIOPHOB**



- Don't shake hands
- Don't kiss on the cheek(s) to greet people
- Don't visit people who are ill
- Don't pick up a phone unless it's yours

**3**

**AIR OUT**

Open the  
windows  
three times  
a day,  
morning, noon  
and night,  
for 5 to 15 minutes.



**2000 TO 4000**  
the number of times you touch  
your face each day

**4**

**HANDS OFF  
YOUR FACE!**

Viruses can be  
transmitted by your  
hands, mouth and nose.



**5**

**A HEALTHY LIFESTYLE**

Your immune system is your best  
weapon against the flu virus.  
Stimulate it by living a healthy  
lifestyle.

**EVERY DAY:**

- 8 hours** of sleep
- 7 or 8** fruits & veggies
- 1 hour** outdoors
- 30 minutes** of physical  
activity



**6**

**WHEN COLD & FLU ATTACK,  
FIGHT BACK WITH  
ECHINAFORCE®!**



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