

**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.

**1**

**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



**45 MINUTES** = the length  
of time germs remain suspended  
in the air following a sneeze

**2**

**REMEMBER TO CLEAN**  
faucets, door handles, Phones,  
light switches, railings and  
keyboards.

**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

**AIR OUT**

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

**3**

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

**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 servings** of fruits & veggies  
**1 hour** spent in nature  
**30 minutes** of physical activity



**6**

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



avogel.ca



**A.Vogel**