

## BE HEALTHY BE PREPARED *for Flu Season*

In Australia, the flu season is considered May to October. Flu symptoms include chills, shivering, fever, headache, muscle aches and pain, sore throat, runny nose, sneezing, dry cough, tiredness and trouble breathing.

Here are the important keys to protect you and family from influenza (the flu) listed as below:

- ❖ Always keep hands clean – wash hands properly (see illustrations) with soap and water or an alcohol-based hand rub. Avoid touching your eyes, nose or mouth. Germs spread this way.
- ❖ Try to avoid close contact with sick people
- ❖ Adopt a healthy lifestyle – sleep well, regular exercise, drink plenty of fluids, eat healthy food and be happy.
- ❖ Ensure an adequate supply of items such as masks, thermometer, antipyretics, liquid soap etc
- ❖ Get vaccinated – receive influenza vaccine according to your doctor's advice. Older people with chronic health conditions like asthma, diabetes or heart and lung disease are at risk of serious flu complications.
- ❖ Speak to your family for support and assistance if the above respiratory systems develop.

### STEPS TO WASH HANDS PROPERLY



## 為健康，抵抗流感做好準備

在澳洲，每逢5月至10月是流感季節。流感的病徵包括有發冷、發抖、發燒、頭痛、肌肉酸痛和疼痛、咽喉痛、流鼻水、打噴嚏、咳嗽、疲勞和呼吸困難。

以下是一些重要提點，保護您自己和家人，防禦流感。

- ❖ 經常保持雙手清潔：正確洗手（見圖），用肥皂和水或酒精搓手，避免用手觸摸眼睛、鼻子或口。細菌是可能循這方式傳送的。
- ❖ 儘量避免密切接觸生病的人。
- ❖ 採納健康的生活方式 ----- 充足睡眠，常運動，多喝水，吃健康食物，保持心情愉快。
- ❖ 確保有足夠禦防流感物件，如口罩，體溫計，退燒藥，液體肥皂等。
- ❖ 注射疫苗----- 跟據醫生的建議，接受疫苗注射。長者患有慢性疾病，如哮喘，糖尿病，心臟病和肺部疾病，是嚴重流感併發症之高危人士。
- ❖ 當發覺自己有類似上述的流感病徵，儘快告知您的家人，好使給予支援和協助。