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Keep your family healthy this winter

With the arrival of cold weather and winter, upper respiratory tract infections (such as colds, flu, and certain respiratory viruses) become more common. These infections are easily transmitted from one person to another, especially in closed environments such as homes, schools, or workplaces. They can affect anyone, but young children, seniors, and people with health problems are often at greater risk of complications.

Here are some simple steps you can take to help prevent these infections and protect those around you:

- **Vaccination:** The flu vaccine is recommended every year for everyone 6 months of age and older. It helps reduce the risk of illness and complications. Talk to your doctor or pharmacist to find out if you should also get the COVID-19 vaccine this winter.
- **Hand hygiene:** Wash your hands often with warm water and soap for at least 20 seconds, especially after coughing, sneezing, or touching shared surfaces. If you don't have access to soap and water, use an alcohol-based hand sanitizer.
- **Simple everyday actions:** Cover your mouth and nose with your elbow when you cough or sneeze. Avoid touching your face, especially your eyes, nose, and mouth.
- **Stay home when you are sick:** If you have symptoms such as fever, cough, sore throat, or fatigue, rest and avoid close contact with others. Wearing a mask can also help reduce the spread.
- **Watch for signs of worsening symptoms:** If your fever lasts more than three days, if your cough gets worse, or if you are having difficulty breathing, contact a healthcare professional.



By following these simple steps, you are not only contributing to your own health but also to that of your loved ones and your community. Take care of yourself and your family.



For more information, consult these reliable resources:

- [Public Health Canada – Respiratory Infectious Disease](#)
- [Children's Hospital of Eastern Ontario \(CHEO\) – Respiratory Infections](#)