

## Let's Beat the Flu

The flu virus spreads quickly and easily among children at school and at play. The flu, also known as influenza, is spread by coughing and sneezing and from touching contaminated surfaces like toys, doorknobs and computer keyboards after someone with the flu has touched them.

Children should be reminded to wash their hands frequently during the day and to cover their nose and mouth with a tissue when coughing or sneezing. If no tissue is available they should cough or sneeze into their upper arm.

To reduce your children's risk of getting the flu, have them vaccinated this season. It will protect them and you from getting the flu. Children six months of age or older can be vaccinated and it is free. Children under the age of nine and getting vaccinated for the first time, need two shots—the second shot at least one month after the first.

You can get your flu shot at your family doctor or at a Toronto Public Health vaccination clinic. For more information or to find the nearest location call 311 or visit [www.toronto.ca/health](http://www.toronto.ca/health) (see A-Z index, Flu).

You can also call the Ministry of Health's Flu Information Line at 1-866-FLU 'N YOU (1-866-358-6968).

Last updated August 2010

Call **3•1•1**

[toronto.ca/health](http://toronto.ca/health)

 **TORONTO** Public Health