



## MEDIA RELEASE

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# St John reminds people how to reduce the risk of catching the flu

With the arrival of the Winter flu season, and as the World Health Organisation (WHO) increases the alert over H1N1 Influenza, St John Ambulance provides some timely advice about minimising the risk of catching and spreading influenza. Practicing good personal hygiene will help control the spread of H1N1, and any other seasonal influenza.

The pandemic should be treated as any other seasonal flu outbreak with people practicing good personal hygiene to help control the spread of infection.

Influenza is spread from person-to-person through coughing or sneezing of infected people. There are many things you can do to prevent getting and spreading influenza:

- Cover your mouth when you cough, and wash your hands regularly.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the garbage bin after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Try to avoid close contact with sick people.
- Influenza is spread from person-to-person through coughing or sneezing. Stay away from people who are sick.
- If you get sick, stay home from work or school and limit contact with others to avoid infecting them.

Useful links

Department of Health and Ageing [www.health.gov.au](http://www.health.gov.au)

World Health Organisation: <http://www.who.int/csr/disease/swineflu/en/>

**ENDS**

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