

DID YOU KNOW?..

1 *In australia there are DOZENS OF DEATHS & THOUSANDS OF HOSPITALISATIONS DUE TO INFLUENZA each year*



AS AT 11 OCTOBER 2013 THERE HAVE BEEN 22,983

cases of laboratory confirmed influenza reported, which is slightly more than half of the notifications received for the same period in 2012.



THE flu VIRUS can survive on unwashed hands for THIRTY MINUTES!

and on cloth, paper and tissues for up to



This is why it is important to always wash your hands after coughing, sneezing or blowing your nose, and to dispose of used tissues in a bin straight away.

12 HOURS



In general
INFLUENZA SPREADS IN TWO WAYS

METHOD 1 Respiratory droplets from an infected person's coughs or sneezes (these droplets generally travel less than one metre)



METHOD 2 Touching contaminated surfaces (including hands) and then touching your mouth, nose or eyes.



FLU VIRUSES CAN SURVIVE some hard surfaces for up to 2 DAYS

You should regularly clean frequently touched surfaces such as door handles, taps, tables, benches and fridge doors. Flu viruses can be inactivated and removed with normal household detergents.