

June 2009

## Ways To Reduce Your Risk of Flu and Other Illness

You can reduce the risk of getting H1N1 (swine) flu or spreading it to others by taking standard precautionary measures:



Wash your hands regularly, especially after you cough or sneeze.



Cover your nose and mouth with a tissue when you cough or sneeze, and throw the tissue in the trash after you use it. Or, sneeze or cough into your sleeve or arm and then wash your hands.



Avoid touching your eyes, nose and mouth, as germs can spread that way.



Avoid close contact with people who are sick.

Adapted from HealthLinkBC file #108, May 2009

## Soap vs. Hand Sanitizers??

Hand washing is the best way to stop the spread of germs as it can remove the germs that can cause illnesses, such as colds, flu and some stomach illnesses. We can pick up these germs throughout our day.

Antibacterial soaps are no more effective in killing germs than regular soap and in fact may be leading to the development of antibiotic-resistant bacteria. These are not recommended.



Alcohol-based hand sanitizers are as effective as soap and water so are a great option, especially when soap and water are not available. However, hand sanitizers are not effective for washing visibly dirty hands.

BCHealth File#85 [www.dobugsneeddrugs.org](http://www.dobugsneeddrugs.org)

## Staying Sun Safe This Spring and Summer – It's That Time of Year Again!

Last year in Canada, 69,000 people were diagnosed with skin cancer and the incidence is on the rise. Children now face a 1-in-7 chance of getting skin cancer during their life. It can take 10 to 30 years for cancer to develop, so prevention today is vital!

Encourage kids to be sun-smart by:

- ☀ **S**lipping on a long-sleeved shirt -- if see through, UVA rays get through too!
- ☀ **S**lapping on a wide-brim HAT
- ☀ **S**lopping on SUNSCREEN - S.P.F. 30 or over and don't forget the SPF lip balm
- ☀ **S**taying out of the sun during the peak intensity between 11 am and 4 pm.
- ☀ **W**earing SUNGLASSES – 100% U.V. protection against both UVA and UVB rays with medium to dark lenses



This is required for sunny and cloudy days and when it does not feel hot.

Resources:

Canadian Cancer Society  
[www.canadiancancersociety.ca](http://www.canadiancancersociety.ca)  
HealthLink BC File #26 "Sun-smart Your Kids"

\*\*Idea: Google it together!!

If you have any questions please contact a Public Health On call Nurse on the Child and Youth Team at **(604) 983-6700**

