

Cold and Flu Prevention



Cold and influenza (flu) season has arrived, making it especially important to take precautions to protect yourself and those around you from getting sick.

Flu and common cold symptoms are very similar. However, unlike the common cold, the flu can lead to serious health problems like pneumonia.

Here's how you can help prevent the spread of cold and flu viruses and some precautions you can take to reduce your risk of getting sick:

- Wash your hands regularly with soap and water for at least 15 seconds — especially before handling food, or after touching your face or shaking someone's hand.
- Avoid sharing personal items with others who may be sick.
- If you are sick, avoid close contact with others and if possible, stay home.
- Cover your mouth with a tissue when sneezing and coughing. Throw the tissue away and then wash your hands immediately. If you do not have a tissue, cough into your upper sleeve or elbow.
- As viruses can live on hard surfaces for up to eight hours, sanitize objects like your keyboard, telephone and door handles frequently.
- Practice good health habits to help your body fight off viruses. Ensure you are getting enough rest, drinking plenty of fluids, eating nutritious foods and staying active!



Wash your hands regularly with soap and water for at least 15 seconds

Where to get your flu shot

The Ontario Ministry of Health recommends that everyone in Ontario get an annual flu shot. Flu shots are offered free of charge through the Ryerson Medical Centre and at participating pharmacy locations in and around the campus:

Ryerson Medical Centre

KHW-181 | 1st floor | Kerr Hall West
379 Victoria St., Toronto, ON M5B 2K3
Phone: 416-979-5070

Rexall

595 Bay St., Toronto, ON M5G 2R3
Phone: 416-591-1414

401 Yonge St., Toronto, ON M5B 1S9
Phone: 416-979-9190

777 Bay St. | Unit C-216, Toronto, ON M5G 2C8
Phone: 416-977-5824

Shoppers Drug Mart

465 Yonge St., Toronto, ON M4Y 1X4
Phone: 416-408-4000

279 Yonge St., Toronto, ON M5B 1N8
Phone: 416-591-1733