

ECHO Key Messages

Emergency and Community Health Outreach



FLU Show Key Messages – MTL to translate by August 13th, 2004.

KEY MESSAGE #1:

Although most people become healthy again after they get the flu, it can be very dangerous – especially if you are older than 55, or if you have other health problems.

KEY MESSAGE #2:

You can protect yourself by getting a flu shot, but you have to do it every year.

KEY MESSAGE #3:

To prevent yourself from from giving the flu to other people:

- (1) cover your nose and mouth when you cough or sneeze;
- (2) wash your hands often with soap and water.