

## Kids and Flu

The flu germs spread when people cough, sneeze or talk. The flu germs can also live on surfaces like toys, countertops, and door handles for up to eight hours.

Students can pass the flu germs to each other, to school staff and to family members before they show symptoms. Children under five, seniors and people in poor health are at greater risk of complications from flu.

Vaccination is the best protection against flu. It takes 2 weeks for the vaccine to be fully effective so get it early.

Tips on staying healthy this flu season:

1. Get your flu shot early
2. [Wash your hands](#) often
3. Avoid touching face and eyes
4. [Cover your cough](#) or sneeze
5. Do not share drinking cups and utensils
6. Disinfect common surfaces like door handles, hand railings, keyboards, cell phones and tablets.

For more information, visit [toronto.ca/health/flu](https://toronto.ca/health/flu)