

## Flu-fighting: It's up to all of us

### The RBC EmployeeCare Program Can Help

Influenza, commonly known as “the flu,” is a respiratory disease that affects the nose, throat, and lungs. The flu is caused by a highly contagious virus that can be passed from person to person when an infected person coughs, sneezes, or talks, or by direct contact with contaminated objects.

The seasonal flu affects roughly 10 to 20 per cent of Canadians each year, with the peak season between November and April. From one to four days after becoming infected, infected people develop symptoms which include:

- Fever of 38 C (100.4 F) or higher that starts suddenly
- A dry cough that can last for weeks
- Headache
- An aching body especially the lower back and legs
- Feeling very weak and extremely tired

Symptoms may also include chills, loss of appetite, sore throat, runny or stuffy nose, nausea, vomiting, and diarrhea. Despite the unpleasantness of flu symptoms, most healthy people are able to recover without severe complications in seven to 10 days.

Log in to [www.lifeworks.com](http://www.lifeworks.com) any time for tips and articles to help you stay healthy this flu season, such as:

- [Preparing for Flu Season](#)
- [The Flu Vaccine](#)
- [Taking Care of Yourself and Your Family in the Cold and Flu Season](#)
- [Protecting Older Adults From Influenza](#)

Call the RBC EmployeeCare Program: 1-800-667-3400

TTY: 1-877-616-4422

You can also visit [www.lifeworks.com](http://www.lifeworks.com)  
(user id: rbc; password: rbccanada).

According to the Public Health Agency of Canada (PHAC) and the Centers for Disease Control (CDC), to protect yourself and your family against the flu:

- **Everyone -- with a few, rare exceptions -- should be vaccinated every year.** The vaccine is developed annually to protect against the 3 or 4 viral strains that are likely to be most common that season. You can get the vaccine at a doctor's office, flu clinic, and at some workplaces/pharmacies.
- **Wash your hands often** with soap and warm water for at least 20 seconds, or use an alcohol-based hand sanitizer when soap and water aren't available.
- **Keep your hands away from your face.** The virus can enter through the eyes, nose, or mouth.
- **Disinfect** common areas such as countertops, door handles, switches, phones, keyboards, etc.
- **Eat nutritious food**, stay active, and get plenty of sleep.
- **Cough or sneeze into a tissue, whenever possible.** Use a tissue only once, then dispose of it.
- **Limit contact with sick people**, and stay home when you're unwell.

For more flu-fighting tips:  
[www.healthy Canadians.gc.ca](http://www.healthy Canadians.gc.ca)