A Message from York Region Public Health

How does the flu spread?

The flu spreads through the air from coughing and sneezing. It also spreads through direct contact with surfaces, door knobs, unwashed hands, or objects such as toys and eating utensils that have been touched by an infected person.

People can spread the flu for a day or two before they actually become sick. For more information, visit York Region Health Connection at 1-866-888-4524 or online at

York Region Public Health clinics, for people three years of age and older

・ Mucous membranes in the brain, ear infections, sinus infections and worsening of medical problems like asthma or heart disease.

・ Young children and influenza (commonly known as the flu.) Preventative measures can help reduce

・ The flu virus has the ability to spread before symptoms develop

・ The flu can be prevented by getting vaccinated and "staying home when sick"

・ Elderly people should avoid people who are sick with the flu

・ The flu is caused by a virus that commonly starts circulating during the late fall and continues into spring.

・ The flu virus can produce various symptoms and illness.

・ The flu virus can be transmitted in various ways including:

・ Fewer adults have been vaccinated than children.

・ Flu vaccine is not the only way to prevent the flu. There are other effective ways to prevent the flu.

・ There are other infections that are not prevented by the flu vaccine.

・ The flu virus is a respiratory virus that can cause significant illness.

・ The flu virus can be transmitted in various ways including:

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