

10 tips to fight the flu

Flu symptoms can be very similar to the symptoms of COVID-19. Even if your symptoms are mild, get tested for COVID-19.



Get the flu shot

It is important to get the influenza vaccination each year to continue to be protected, since it wears off after 3 to 4 months. Flu strains also change over time.



Keep surfaces clean

Clean surfaces such as your keyboard, telephone and door handles regularly to get rid of germs.



Cover coughs and sneezes

Cover your mouth and nose when coughing or sneezing. Preferably with your elbow rather than your hand.



Bin your tissues

Throw disposable tissues in the bin immediately after using them.



Self-care at home

In most cases you can treat mild flu symptoms at home. Stay home if you are sick, to avoid passing the flu onto others. Rest and drink plenty of fluids.



Wash your hands

Good hygiene is one of the best ways to prevent flu from spreading. Wash your hands regularly with soap and water.



Avoid sharing

Try not to share cups, plates, cutlery and towels with other people, as this could spread germs.



Don't rely on antibiotics

Antibiotics won't cure the flu as this illness is caused by viruses. Antibiotics only work for bacterial infections. Check if your flu medication will help relieve symptoms on healthdirect's medicine directory.



Know the symptoms of a cold versus flu

Try not to share cups, plates, cutlery and towels with other people, as this could spread germs.



Check your symptoms first

Use the healthdirect Symptom Checker via the app or website, or call 1800 022 222, to determine if your symptoms require a visit to the emergency department, a visit to your GP or can be managed at home.



Protect your every day.

RECOGNIZE THE SIGNS OF TERRORISM-RELATED SUSPICIOUS ACTIVITY



EXPRESSED OR IMPLIED THREAT

Communicating a spoken or written threat to commit a crime that could harm or kill people or damage a facility, infrastructure, or secured site



OBSERVATION/SURVEILLANCE

A prolonged or unusual interest in facilities, buildings, or infrastructure beyond casual or professional interest, in a suspicious manner



PHOTOGRAPHY

Taking pictures or videos of persons, facilities, buildings, or infrastructure in a covert manner, such as taking photos or video of security-related equipment or personnel, infrequently-used access points, or the structure of a building



THEFT/LOSS/DIVERSION

Stealing or diverting items—such as equipment, uniforms, or badges—that belong to a facility or secured site



TESTING OR PROBING OF SECURITY

Challenging or testing a facility's security or IT systems to assess the strength or weakness of the target



AVIATION ACTIVITY

Operating or interfering with the operation of an aircraft that poses a threat of harm to people and property



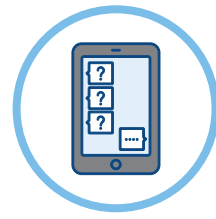
BREACH/ATTEMPTED INTRUSION

Unauthorized people trying to enter a restricted area or impersonating authorized personnel



MISREPRESENTATION

Presenting false information or misusing documents to conceal possible illegal activity



ELICITING INFORMATION

Questioning personnel beyond mere curiosity about an event, facility, or operations



ACQUISITION OF EXPERTISE

Gaining skills or knowledge on a specific topic, such as facility security, military tactics, or flying an aircraft



CYBERATTACK

Disrupting or compromising an organization's information technology systems



RECRUITING/FINANCING

Funding suspicious or criminal activity or recruiting people to participate in criminal or terrorist activity



SABOTAGE/TAMPERING/VANDALISM

Damaging or destroying part of a facility, infrastructure, or secured site



MATERIALS ACQUISITION/STORAGE

Acquisition and/or storage of unusual materials such as cell phones, radio controllers, or toxic materials



WEAPONS COLLECTION/STORAGE

Collection or discovery of unusual amounts of weapons including explosives, chemicals, or other destructive materials



SECTOR-SPECIFIC INCIDENT

Actions which raise concern to specific sectors, (e.g., power plant) with regard to their personnel, facilities, systems, or functions

The above activities should only be reported if they are conducted in a manner that would arouse suspicion of terrorism.

If you **see** something, **say** something®

REPORT SUSPICIOUS ACTIVITY TO LOCAL AUTHORITIES OR CALL 9-1-1 IN CASE OF EMERGENCY

dhs.gov/SeeSay

"If You See Something, Say Something" used with permission of the NY Metropolitan Transportation Authority.

