



Advice from Dr. Royce Brough
Avoid the flu, including H1N1
minimize it's severity, and recover if infected.

CLINIC + LAB



+ Visit **Roadside Medical Clinic + Lab** to receive your flu vaccine and keep your immune system strong this season.

- + **Avoid contact** when possible with persons with upper respiratory symptoms. Maintain good distance if possible with persons sneezing, coughing, frequent nose blowing, appearing sickly, etc.
- + **Practice good hygiene** by hand washing and using germicidal preparations afterwards. Be careful with handshakes and other contact with persons with flu-like symptoms. Avoid touching your nose and mouth unless hands have been cleaned thoroughly.
- + **Wear your face mask** when in crowded areas where flu might be contracted (airplanes, truck stops, crowded stores, etc.) and especially if you already have a compromised immune system.
- + **Maintain a healthy immune system** by rest, exercise, adequate hydration, good diet, vitamins and other natural alternative preparations obtained from health food stores or Roadside Medical Clinics, treat other infections early with antibiotics. Maintain good control of chronic illnesses such as diabetes, high blood pressure, smoker's lung disease, and heart disease.
- + **If symptoms develop visit a Roadside Medical Clinic + Lab or your health professional immediately (within 48 hrs)** to receive anti-viral drugs such as Tami-flu (Flu A) and Relenza (Flu B) which is effective against Flu A and B.
- + **If flu develops...DON'T PANIC.** Rest, fever control, pain control, fluids, cough suppressants and time will help you get on the road to recovery. If symptoms worsen seek medical advice early and if you have a compromised immune system be vigilant about seeking medical advice of a specialist and consider hospitalization if advised..... better than death.

***We know your work is your lifeline, but your health is the fuel to keep you on the road.
Practicing safe health is not only good for you but also for your family.***