

CSSS de Laval Users' Committee Informs You



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Users' Committee



Tips to stay in good health

It has been proven that the return of fall, which coincides with the decline in temperature, and back to school, which amplifies contacts between people, support the appearance and the transmission of viruses. Simple gestures can help you stay in good health.

Healthy living tips which will help you protect yourself from infections

- Drink five to eight glasses of water every day.
- Eat enough fruits and vegetables, whole grains, legumes and good fats.
- Exercise 30 minutes daily.
- Sleep at least 7 hours every night and rest when you feel that you need to.
- Avoid smoking.

Basic hygiene measures to avoid contracting or transmitting an infection

- Frequently wash your hands with water and soap, particularly before preparing food and after using the toilets.
- Cover your nose and mouth with a handkerchief when you sneeze.
- Clean, then bandage your wounds and always have any serious wound checked out by a doctor.
- When showing symptoms of an infection (diarrhea, fever, etc), stay home.
- Regularly disinfect kitchen and bathroom surfaces.
- Avoid sharing objects coming in contact with your mouth (glass, straw, utensils, etc).
- In a care facility (emergency and/or waiting room), wear a mask when afflicted by cough and fever.

If you are anxious about your health or the one of a close relation, call Info-Santé at 811.

This information capsule is brought to you by the CSSS de Laval Users' Committee, whose representative in regards to public health promotion and prevention is:

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