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The annual flu season typically ends on **March 31**. With the growing concern of the new Coronavirus globally, here are some flu prevention tips:

- Keep hands clean and limit the transfer of viruses.
- Cover your mouth and nose with a tissue or into your elbow when you cough or sneeze.
- Balanced diet, exercise and adequate sleep will strengthen your immune system.
- Stay home to rest until any flu-like symptoms are recovered.

**Villa Cathay residents are seniors with compromised immune systems due to their underlying chronic health conditions. They are most susceptible to the flu and at high risk of complications from the flu.**

**If you plan to visit Villa Cathay this flu season, please follow these protocols:**

- If you have not taken the flu shot, please wear a mask at all times while in Villa Cathay.
- If you just returned from any areas with confirmed cases of the Coronavirus, or have close contact with someone (e.g. family members) who have such travel history recently, please monitor your symptoms for 14 days before visiting Villa Cathay.
- If you have any flu-like symptoms, please do not visit residents until after you are fully recovered.

Thank you for joining us in safe-guarding the health and well-being of our seniors!

Should you have any questions, please feel free to let us know!

Stay healthy,  
Villa Cathay Care Home