

What You Can Do to Stay Healthy

1. Stay informed.

- Check the national Centers for Disease Control (CDC) website: www.cdc.gov/h1n1flu
- Look for updates in your local news media (television, radio, newspaper).

2. Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.

- Cover your nose and mouth with a tissue with you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.

3. Take everyday actions to stay healthy.

- Cover your nose and mouth with a tissue with you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Stay home if you get sick. CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.
- Follow public health advice regarding school closures, avoiding crowds, and other social distancing measures.
- Develop a family emergency plan as a precaution. This should include storing a supply of food, medicines, facemasks, alcohol-based hand rubs and other essential supplies.
- For national information, call 1-800-CDC-INFO.

For more information on what you can do to stay safe and healthy, check the national H1N1 (Swine) Flu website: www.cdc.gov/h1n1flu or call toll-free 1-800-CDC-INFO (1-800-232-4636).