

# **SEASONAL & NOVEL H1N1 (SWINE) FLU PREVENTION**

## **WASH YOUR HANDS FREQUENTLY AND THOROUGHLY**

Viruses can live up to 2 hours on some surfaces so it is important to wash your hands frequently.



Wash your hands often with soap and warm water, or use an alcohol-based hand sanitizer with at least 60% ethanol or ethyl alcohol on the label. CDC recommends that when you wash your hands – with soap and warm water – that you wash for 15 to 20 seconds. Always wash your hands before eating, and after using the bathroom.

## **AVOID TOUCHING YOUR FACE**

The eyes, nose, and mouth are entry ways for viruses. Avoid touching these ports or any open wounds. This will only heighten your chances of the flu entering your body.

## **AACCHHOO!! LEARN TO SNEEZE THE HEALTHY WAY!**

Avoid using your hands to cover your mouth when you sneeze. The virus will get on your hands, increasing the likelihood of transmission. Use a disposable tissue to cover your mouth.

If you don't have a disposable tissue, sneeze into your sleeve.



## **STAY HOME!!!**

If you experience flu-like symptoms (headache, fatigue, fever, chills, etc.), stay home from work, school, and postpone travel plans, especially to any known parts of the world that are infected.

## **KEEP IT CLEAN!**

Frequently disinfect items that are often touched - doorknobs, desks, telephones, etc., with an EPA-registered disinfectant labeled as effective against bacteria and viruses.

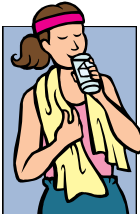
## **WEAR PROTECTIVE GEAR**

If you have symptoms, wear a surgical mask when others are around you. For more information on respirators and masks, see <http://www.cdc.gov/h1n1/masks.htm>.



## **DRINK PLENTY OF FLUIDS**

Staying well hydrated helps your body to deliver nutrients to organs and flushes toxins from the body.



## **GET MOVING!**

Regular exercise helps to strengthen the immune system and increases the body's natural virus-killing cells.

## **GET PLENTY OF Zzzs**

A healthy sleeping pattern helps to booster the immune system. Try to get at least 7 to 9 hours of sleep a night.

**Consult your healthcare provider** to decide whether or not a seasonal flu and/or Novel H1N1 flu vaccine makes sense for you, and if you are experiencing the following symptoms: cough, fever (101-104), sore throat, runny or stuffy nose, body ache, headache, chills and fatigue, diarrhea and vomiting.



For more information on the swine flu (H1N1), go to [www.cdc.gov/h1n1flu/](http://www.cdc.gov/h1n1flu/)