



H1N1 Prevention

- **COVER** your nose and mouth with a tissue when 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.

Let's take everyday actions to stay healthy.