

Prevent the spread of H1N1 and seasonal flu

Help protect yourself and your family by getting prepared for an influenza outbreak now. Prevent the spread of H1N1 and seasonal flu viruses by following these simple steps.

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H1N1, or Swine Flu, and seasonal flu viruses are spread mainly from person to person through coughing or sneezing. Touching something with the flu virus on it and then touching your eyes, mouth or nose can also spread infection. Wash hands often with soap and warm water or clean with an alcohol-based cleaner. Cleaning frequently touched surfaces such as doorknobs and telephones can also prevent the spread of the H1N1 and seasonal flu viruses.



WASH HANDS FREQUENTLY



COUGH OR SNEEZE INTO YOUR ARM OR SLEEVE



AVOID TOUCHING EYES, MOUTH OR NOSE



IF YOU FEEL SICK STAY HOME



GET BOTH H1N1 AND SEASONAL FLU SHOTS WHEN AVAILABLE