



H1N1 Flu Virus

(swine flu)

Health Guidelines

Here are a few things you and your family can do to protect yourselves and others against the H1N1 flu virus, the seasonal flu and other illnesses.

WASH YOUR HANDS

Practice good hand washing at home and encourage your children to wash their hands regularly throughout the day. Hand washing is an easy and effective way to prevent the spread of flu germs.

COVER YOUR COUGH / SNEEZE

Cough or sneeze into a tissue, your arm, or the crook of your elbow — not your hands. Even if you do not cough/sneeze on your hands, wash them immediately and if a tissue was used, dispose of it right away.

FEEL SICK? STAY HOME!

If you experience flu like symptoms, remain at home to avoid sickening others. For more guidance regarding H1N1, see the Centers for Disease Control and Prevention Web site:

www.cdc.gov/h1n1flu/

Don't Forget Your Seasonal Flu Vaccine!

The H1N1 flu is a different strain than the seasonal flu. H1N1 vaccines, likely available this fall, will not protect against the seasonal flu. Vaccinations are the single best way to avoid getting the seasonal and H1N1 flu.

