

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.

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/