

## **H1N1 & Seasonal Influenza (Flu) Prevention**

### **IMPORTANT TIPS FOR YOU TO FOLLOW**

1. Wash your hands often, especially after coughing & sneezing. Wash for 20 seconds with soap & warm water. Use alcohol-based hand sanitizers or wipes if soap and water are not available.
2. When coughing or sneezing, cover your mouth & nose with a tissue or the inside of your elbow. Throw the used tissue in the trash and wash your hands.
3. Avoid touching your eyes, nose & mouth. Germs spread this way.
4. Stop the hugging, touching, holding hands, kissing, etc.
5. If you are sick, stay home and away from others for 24 hours after your fever ( $\geq 100^{\circ}\text{F}$ ) is gone without the use of fever reducing medications.
6. Stay away from sick people whenever possible.
7. Gargle twice a day with warm salt water (use Listerine if you don't trust salt).