

## **H1N1 (Swine Flu) Precautions**

Influenza is thought to **spread mainly person-to-person** through coughing or sneezing of infected people.

### **Take everyday actions to stay healthy:**

- 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 hand 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.

*This information is taken directly from the Centers for Disease Control and Prevention website.*