

Preventing the 2009 H1N1 Flu

Good Health Habits Can Help Stop Germs



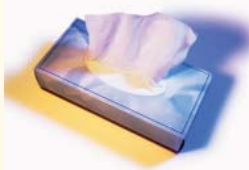
1. Avoid close contact.

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.



2. Stay home when you are sick.

Stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.



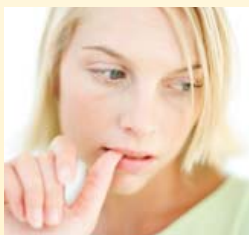
3. Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.



4. Clean your hands.

Washing your hands often will help protect you from germs. Alcohol-based hand cleaners also work.



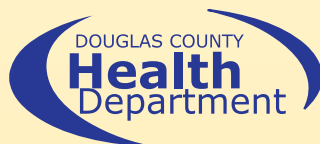
5. Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.



6. Practice other good health habits.

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.



www.douglascountyhealth.com

For more information, please go to: http://www.cdc.gov/h1n1flu/#stay_healthy