

FIGHT

THE

FLU!

Protect yourself from Flu, including novel H1N1



Wash your hands frequently with soap and water. Rub hands together for at least 20 seconds.



Use anti-bacterial hand sanitizers if soap and water are not available. Rub for 20 seconds until hands are dry.



Stay home if you are sick. Do not take children to daycare/school if they have a fever.



Avoid touching your eyes, nose and mouth.



Cover your cough or sneeze with a tissue or the crook of your arm.



Discard tissues and wash your hands after coughing or sneezing.



Sanitize common surfaces like doorknobs, keyboards, faucets, telephones and shopping cart handles.



Get your flu shots, including H1N1 when it becomes available to you.



You should wear a facemask during a flu pandemic if you are sick with the flu and might be within 6 feet of other people or you live with someone who has flu symptoms



Jefferson County Public Health

303-232-6301

www.jeffco.us/health

Colorado HELP Line - 1-877-462-2911