

Fight the flu!

Protect yourself from the **new** H1N1 flu virus (swine flu) currently in our community, with these simple steps:



Wash your hands frequently with soap and water.



Use anti-bacterial hand sanitizers if soap and water are not available.



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



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



Discard tissues and wash your hands after coughing or sneezing.



Avoid touching your eyes, nose and mouth.



Sanitize common surfaces like doorknobs, 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
- you live with someone who has the flu symptoms