



H1N1 FLU OUTBREAK (SWINE FLU): WHAT YOU CAN DO TO STAY HEALTHY

There are everyday actions people can take to stay healthy.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash and wash your hands.
- You can also cough or sneeze into your upper sleeve, not your hands.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.



Try to avoid close contact with sick people.

- Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
- If you get sick, stay home from work or school and limit contact with others to keep from infecting them.



Clinton County Health Department
For more information call 565-4490 or visit
www.clintonhealth.org
NYS Public Call Line: 1-800-808-1987

