



Help Prevent the Spread of H1N1 Flu

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. If you don't have a tissue, 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 hand cleaners and gel sanitizers are also effective.

Avoid touching your eyes, nose or mouth. Germs spread that way.

Stay home if you get sick. The Center for Disease Control recommends that you stay home from work or school 24 hours after symptoms are gone and limit contact with others to keep from infecting them.

For more information go to <http://www.nwacc.edu/pandemic.php> or Call 1-800-CDC-INFO

