

H1N1 Flu: What You can Do to Stay Healthy

The Centers for Disease Control (CDC) recommend that you:

- **Get vaccinated.** Vaccination is the best protection we have against flu. Seasonal flu vaccine is available now. Initial doses of H1N1 flu vaccine are also available, with additional doses available later this year.
- Influenza is thought to **spread mainly person-to-person** through coughing or sneezing of infected people.
- **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.
 - Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand sanitizer.
 - Avoid touching your eyes, nose, and mouth. Germs spread that way.
 - Stay home if you get sick. CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.
- **Follow public health advice** regarding school closures, avoiding crowds, and other social distancing measures.
- Find healthy ways to **deal with stress and anxiety.**
- **Stay informed.** The CDC Website below is updated regularly as information becomes available. You may also call 1-800-232-4636 for more information.

<http://www.cdc.gov/h1n1flu/update.htm>