

# HELPING TO PREVENT H1N1 OR SEASONAL FLU

Wash your hands with soap and water or use a 60% alcohol based sanitizer after using the bathroom, smoking, eating, petting animals, touching money or whenever they are dirty.



Keep your hands away from your eyes and mouth. Germs can enter your body this way and make you sick.



Sneeze or cough into your sleeve or a tissue. Germs can be spread to others when you sneeze or cough into your hands and then touch surfaces.



Don't smoke! Smoking puts you at greater risk for flu and pneumonia and spreads germs to others when you exhale.



Get a flu shot every year. Children ages 6 months to 19 years, people with chronic illness, pregnant women, health care workers, and the elderly are at the greatest risk of getting the flu.



Stay home if you have a fever, flu-like symptoms, vomiting or diarrhea. Keep your germs to yourself! Do not send ill children to school. Call your doctor if you have concerns.



**Also** eat healthy foods, exercise and get plenty of sleep!



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