



Avoid the flu

Cover your cough or sneeze with your tissues or sleeve (not your hands).

Optimize your immune system with adequate exercise, sleep, and nutrition.

Visit www.flu.gov often for health info and updates.

Every time you use a tissue, throw it in the trash, then wash your hands.

Remember not to share cups, bowls, pipes, lip balms, etc.

& Wash your hands often and well. Scrub with soap and warm water for 20 seconds.

Avoid close contact with sick people.

Stay home if you are sick and away from others if you are coughing.

Have on hand an alcohol-based sanitizer (60 +% alcohol) for times when you can't wash

More info: www.flu.gov, nyhealth.gov
or www.cdc.gov/h1n1flu

