

What You Can Do To Prevent the Spread of Seasonal and H1N1 Influenza

Help protect yourself and your loved ones from getting sick.
Follow these simple steps to help stop the spread of germs.

Avoid close contact

Avoid close contact with people who are sick. When you are sick, avoid contact with others to protect them from getting sick too.

Stay home when you are sick

If possible, stay home from work, school, day care, and errands when you are sick. You will help prevent others from catching your illness.

Cover your mouth and nose

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

Wash your hands

Washing your hands often will help protect you from germs.

Avoid touching your eyes, nose, or mouth

Germs are often spread when a person touches something that is contaminated with germs and then touches his/her eyes, nose, or mouth.

Be Prepared

Have a two week supply of food and other daily living needs to provide for your family. H1N1 flu may cause cancellation of schools, businesses and large gatherings, be prepared to make necessary childcare arrangements, etc.

Resources to learn more about H1N1 and seasonal flu:

Taney County Health Department website at www.taneycohealth.org

Centers for Disease Control (CDC) at CDC.gov or Flu.gov

Missouri Department of Health and Senior Services at www.dhss.mo.gov

For preparedness information see Ready in 3 link at www.dhss.mo.gov