



## Preventing the Swine H1N1 Flu: Good health habits can help stop germs

### **Avoid close contact.**

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

### **Stay home when you are sick.**

Stay home from work, school and errands when you are sick and keep your children home from school if they are ill. By doing this, 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. Put your used tissue in the waste basket and wash your hands. It may prevent those around you from getting sick. If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.

### **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 or her eyes, nose or mouth.

### **Clean your hands.**

Washing your hands often will help protect you from germs. It is recommended to wash with soap and warm water for 15 to 20 seconds. When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used. Clean your hands each time you sneeze or cough.

### **Practice other good health habits.**

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food. See your doctor as soon as you can if you have a cough and fever, and follow their instructions. If asked, use face masks provided in your doctor's office or clinic's waiting room. Follow office or clinic staff instructions to help stop the spread of germs.

For more information:

[www.cdc.gov/swineflu](http://www.cdc.gov/swineflu)

[www.cdphe.state.co.us](http://www.cdphe.state.co.us)

[www.larimerflu.org](http://www.larimerflu.org)

Colorado Help Line: 1-877-462-2911



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