

Protect Yourself and Your Family from the Flu!



How do I keep from getting H1N1 virus (swine flu)?

- Wash your hands often. If soap and water are not available, use alcohol-based hand sanitizers.
- Cover your mouth and nose with a tissue when you cough or sneeze. If you do not have a tissue, cough or sneeze into the inside of your elbow.
- Do not to touch your eyes, nose, or mouth.
- Avoid close contact with people who are sick.
- Avoid shaking hands and kissing or hugging in greeting.
- Get plenty of sleep, drink fluids (water is best), eat nutritious foods and be physically active.

What do I do if I feel sick?

- Stay home if you start to feel sick. This will help prevent the spread of illness.
- Call your doctor if you have a temperature of at least 100° F (37.8° C) and sore throat or cough, especially if you have a chronic medical condition.
 - If you do not have a doctor, call 454-4114 for advice.
- Seek emergency medical care if you are severely ill (such as trouble breathing or have bluish skin color).

Keep emergency rooms and hospitals free to treat serious illnesses!

- People with mild illnesses should *not* go to ERs or hospitals for treatment.
- Most people with flu-like illness will recover without the need to see a doctor or take special medicine.

Should I keep my healthy child out of school?

No! School is the best place for healthy children. Children who are sick should stay at home until better, not just now, but always.

Where can I get more information?

For more information call (831) 454-4343 or visit <http://www.santacruzhealth.org/SwineFlu>