

# What can you do to stay healthy?

The same kind of everyday hygiene recommended every year during the flu season to prevent the spread of germs that cause respiratory illnesses also applies to the H1N1 (swine flu) influenza:

- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with people who appear to be ill.
- If you get sick with flu-like symptoms (fever, runny nose, nasal congestion, sore throat, cough or muscle soreness), the Centers for Disease Control and Prevention recommends that you stay home from work or school and limit contact with others to keep from infecting them. Contact your primary care physician to determine if an office visit is necessary.