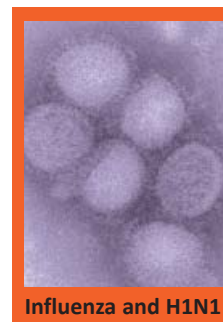


H1N1: Stemming the Spread



Hygiene Guidelines:

Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people. Take everyday actions to stay healthy. Following basic hygiene guidelines for yourself and your patients during this outbreak. These include:

1. **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.
2. **Stay home when you are sick:** If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.
3. **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. Throw the tissue in the trash after you use it.
4. **Clean your hands:** Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
5. **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.
6. **Practice other good health habits:** Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

Public health advice: Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.

Family plan: Develop a family emergency plan as a precaution. This should include storing a supply of food, medicines, face masks, alcohol-based hand rubs and other essential supplies.

Call (800) CDC-INFO for more information.

Or www.CDC.gov.

Thanks to the Centers for Disease Control
for this useful information.