

STOP GERMS, STAY HEALTHY!

H1N1 Influenza (Swine Flu)

H1N1 virus, also known as “swine flu” is a virus that can spread from people who are infected. When people cough or sneeze, they spread germs through the air or onto surfaces that other people may touch. You can't catch it from animals or eating pork products.

HOW CAN YOU STOP THE SPREAD OF H1N1?

- ◆ Stay home when sick
- ◆ Cover coughs and sneezes
 - ◆ Wash hands often

If you have severe symptoms of fever, cough, sore throat, body aches or are feeling seriously ill or have a pre-existing medical condition, call your health care provider.

When you are sick, stay home



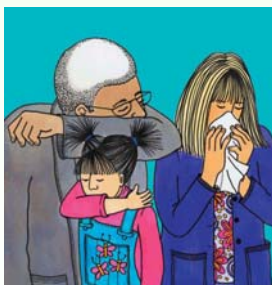
Wash hands often for 20 seconds



Can't wash? Use alcohol-based hand sanitizer



Cover coughs and sneezes



Northeast Tri County
Health District

www.netchd.org

