Prevent Swine Flu

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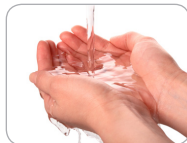**Stay In Good General Health**

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food. Avoid close contact with those who are sick.

Cover Coughs and Sneezes

Cover coughs and sneezes by releasing into your elbow. If you use tissue, throw it in the trash after use.

Wash Hands

Wash hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.

Keep Your Environment Clean

Use disinfectant wipes on phones, shared equipment and shared surfaces.

Keep Hands Away From Eyes and Nose

Avoid touching your eyes, nose or mouth. Germs spread that way.

What to do if you get sick:

1. If you become sick with symptoms such as fever, aches, runny nose, sore throat, nausea, or vomiting or diarrhea, you should contact your doctor. If you are sick, you should stay home and avoid contact with others as much as possible.

2. Emergency warning signs that need urgent medical attention include difficulty breathing, chest/abdominal pain, sudden dizziness or severe vomiting.

3. For further information, go to: **www.webmd.com** and search for "swine flu."