



Flu Prevention

Steps you can take to help prevent the flu



With the recent H1N1 (Swine Flu) outbreak, it is important to take steps to protect yourself and your family. Prevention measures for the Swine Flu virus are similar to those of normal flu viruses.

It is important to remember that you cannot catch the Swine Flu by eating properly prepared pork products.

What You Can Do:

- Stay informed.
- Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Viruses spread that way.
- Stay home if you get sick. If you think you have flu symptoms, take your temperature regularly.
- Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.
- Expand on your current emergency plan and supply kit. Not only should you have the essentials but include some over the counter medicines, hand sanitizers, thermometer, soap, and a box of tissues, as a precaution. This should include storing a supply of food, medicines, facemasks, alcohol-based hand rubs and other essential supplies.
- For more information visit www.kitsapdem.org



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