



Don't Have Time for the Flu

Take Time to Prevent it



Turn over for tips!

Thanks to the Endowment for Health for support of this project

Coughs or sneezes spread flu virus into the air, and then onto surfaces. You can take measures so you don't spread the virus to others, or so others don't spread it to you.

HOW TO AVOID CATCHING THE FLU

Cover your mouth and nose every time you cough or sneeze. Use your arm (not your hands).

Observe regular cleaning habits if someone at home has the flu. Pay special attention to door knobs, faucets, refrigerator handles, and phones.

Vaccinate. Check with your doctor if you are high-risk. **E**very time you use a tissue, throw it in the trash, and then wash your hands.

& Remember not to share anything that goes into the mouth.

Wash your hands often and well. Use soap & water for at least 15 seconds.

Avoid contact with sick people.

Stay home when you are sick.

Have alcohol hand sanitizer on hand if you don't have access to soap & water.

This flyer was designed using information from the Centers for Disease Control & Prevention, and the NH Department of Health & Human Services @ 2005 CCIN

Chronic Conditions Information Network of VT & NH Visit our website to keep up-to-date

www.cc-info.net

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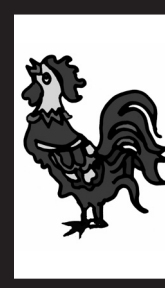
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