

What You Can Do to Stay Healthy

There are everyday actions people can take to stay healthy.

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. Germs spread that way.

Try to avoid close contact with sick people.

Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.

If you get sick, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

Tips for Avoiding Swine Flu

• If you have flu symptoms, stay home from work or school to avoid spreading the disease. Do not return until two days after your symptoms are gone.

• Wash your hands often and cover your nose and mouth when you cough or sneeze.

• Go to the hospital if you have severe symptoms such as difficulty breathing; but if your symptoms are mild, stay home to avoid spreading the virus to others at the hospital.

• Masks may be recommended for health care workers, family members and others who come in close contact with swine flu patients, but there is no need for the general public to wear masks

• It is safe to eat properly handled pork. Cook it to at least 160F.