

# Preventing H1N1 or Seasonal Flu



## Disinfect

Regularly disinfect common areas in the household, like door knobs, telephones and bathroom surfaces.



## Don't Spread Germs

Sneeze or cough into your sleeve or a tissue to prevent spreading germs to others. Keep your hands away from your eyes and mouth.



Try to avoid contact with people who are sick. If you are sick stay home to avoid infecting others.



## Wash Your Hands

Hand washing stops the spread of germs, so wash often and wash well. You can also use an alcohol-based hand sanitizer to kill germs when you don't have access to soap and water.



## Get a Flu Shot

Children, the elderly, people with chronic illness, pregnant women and health care workers are at the greatest risk of getting flu. Everyone should get a flu shot each year.



## See Your Doctor

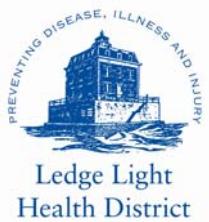
Seek medical care if you feel severely ill. Contact your health provider if you have trouble breathing, severe or persistent vomiting, pain or pressure in the chest or abdomen, dizziness or confusion.

**Also eat healthy foods, exercise, get plenty of sleep and don't smoke!**



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# Proper Hand Washing and Sanitizing Techniques

## How to Properly Wash Your Hands



1. Wet your hands.



2. Rub soap on your hands for 20 seconds.



3. Scrub the backs of your hands, wrists, between your fingers and underneath your fingernails.



4. Rinse your hands.



5. Dry your hands thoroughly.



6. Use a towel to turn off the water.

## Always Wash Your Hands

### Before:

- Preparing or eating food
- Treating a cut or wound
- Tending to someone who is sick
- Inserting or removing contact lenses

### After:

- Using the restroom
- Changing a diaper or helping a child use the bathroom (don't forget the child's hands!)
- Handling raw meat, chicken, or eggs
- Touching pets (especially reptiles)
- Sneezing or blowing your nose or helping a child blow their nose
- Handling garbage
- Tending to someone who is sick

## How to Properly Use Hand Sanitizers



1. Place a dime-sized drop of hand sanitizer in your palm.



2. Rub your palms together.



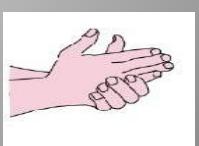
3. Rub the back of each hand with the palm and interlaced fingers of the other hand.



4. Rub around each thumb with the opposite hand.



5. Rub the fingertips of each hand back and forth in the opposite palm.



6. Keeping rubbing your hands together until they are dry. Paper towels are not needed.

## Good Health is in Your Hands!

Washing or sanitizing your hands is the simplest and most effective thing you can do to reduce the spread of colds, flu, skin infections and diarrhea.