

## **SWINE FLU**

### **REDUCING YOUR RISK**

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- **Avoid close contact** with sick people. 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 hand cleaners are also effective.
- **Avoid touching** your eyes, nose, and mouth. Germ spread that way.
- **If you get sick**, stay home from work or school and limit contact with others to keep from infecting them.

Source Centers for Disease Control and Prevention