

Spread the Word, Not the Flu!

The following good health habits can help prevent illnesses like the seasonal flu and swine flu.



Avoid close contact.

Avoid close contact **with people who are sick**. When you are sick, keep your distance from others to protect them from getting sick too.



Stay home when you are sick.

If possible, **stay home from work, school and errands** when you are sick. You will help prevent others from catching your illness.



Cover your coughs and sneezes.

Cover your mouth and nose into your upper sleeve when coughing and sneezing. Practicing this habit will help change the norm from coughing or sneezing into one's hand. If you use a tissue, throw it away and wash your hands.



Wash your hands.

Washing your hands often for **at least 30 seconds with soap and warm water** will help protect you from germs. Use alcohol-based hand sanitizers if soap and water are not available.



Avoid touching your eyes, nose and mouth.

Germs are often spread **when a person touches something that is contaminated with germs** and then touches his or her eyes, nose or mouth.



Practice other good health habits.

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids and eat nutritious food.

Provided by the Napa County Public Health Division
For more information on the Swine Flu visit:
www.co.napa.ca.us/publichealth



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