



# Flu H1N1 (“swine flu”) Pandemic Flu

Increase your awareness!

## Ways to prevent the flu

**Hygiene!** Keep yourself and surfaces clean.

**Wash your hands often.** Wash your hands regularly and properly with soap. Carry a hand sanitizer and use it when you can't wash your hands.

**Cover your cough or sneeze.** If you are sick, cover your cough or sneeze to avoid transferring the virus to others.

**Avoid touching your face.** Viruses can transfer from surfaces to your hands, then to your mouth and nose.

**Keep your distance from people who are sick.** If you have to attend to someone who is ill, wash your hands afterwards.

**Consider having the Annual Flu Vaccine.** Consider having the vaccination, especially if you are in a high risk category, such as children and elderly.

**Avoid unnecessary exposure.** When it is flu season, avoid crowds whenever possible. If you must be in a crowd, consider taking extra precautions such as wearing a mask.

**Follow public health advice.**