

# INFLUENZA

# PREVENT GETTING AND SPREADING THE FLU

H1N1 | PREPARE4FLU2DAY  
www.ColumbusPandemicFlu.org

This flu season, your health can affect your family and your community. Follow these steps to prevent the spread of the flu - both seasonal flu and the pandemic H1N1.



## Wash your hands.

- Wash your hands often, especially after you cough or sneeze.
- Use soap and warm water, washing for 20 seconds, and use a towel or elbow to handle the faucet and doorknob.
- Alcohol-based hand cleaners are also effective (with at least 60% alcohol) when you can't wash your hands.
- Teach children good handwashing by modeling it for them.



## Cover your cough.

- Use the sleeve of your clothes, elbow or shoulder to cover your cough or sneeze.
- You may also cover your nose and mouth with a tissue, then throw the tissue away.
- Teach children the proper way to cover a cough.



## Stay home when sick.

Anyone with flu symptoms should stay home from school or work. Symptoms to watch for are a fever of more than 100°F, coughing, muscle aches, severe headache and, in some cases, vomiting and diarrhea. Stay home until at least 24 hours after free of fever without the use of fever-reducing medications. Stay away from other people and contact a healthcare provider.



## Have a plan.

- Have a backup plan if your child cannot go to their usual place for childcare.
- Have two people you can count on to be your backups.
- Make sure that your child's school has multiple contact numbers to reach you.



## Get vaccinated.

The pandemic H1N1 vaccine supply will be limited at first. It will be given to those at highest risk for severe illness. Among these groups are:

- Children 6 months through adults 24 years of age
- People who live with or care for children younger than 6 months of age
- All pregnant women
- People aged 25 - 64 years with health conditions that can cause medical problems from the flu

The H1N1 vaccine is not replacing the seasonal flu vaccine — so getting your seasonal flu shot is still important.



## Stay informed.

Visit [www.columbuspandemicflu.org](http://www.columbuspandemicflu.org) for flu information and updates. You can also follow us on Facebook ([www.facebook.com/ColumbusFluInfo](http://www.facebook.com/ColumbusFluInfo)) and Twitter ([www.twitter.com/ColumbusFluInfo](http://www.twitter.com/ColumbusFluInfo)).

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