

Tips on Staying Healthy:

- 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-base hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. This will minimize the spread of germs.
- Avoid close contact with sick people. The H1N1 (Swine) Flu is spread mainly person-to-person through coughing or sneezing of infected people.
- If you are sick stay home, as recommended by the Centers for Disease Control (CDC). This same rule should apply to your children as well.

If you are sick:

Limit your contact with others to keep from infecting them.

You should seek medical care if: You experience a recent onset of flu-like symptoms (i.e., two or more of the following: congestion, sore throat, cough, fever, nausea)

AND

You have traveled to Mexico, San Diego/Imperial County within the last 7 days,

OR

You have had contact with a person that meets both of these criteria.

For updated information regarding the H1N1 (Swine) Flu, please visit the Center for Disease Control website at: <http://www.cdc.gov/swineflu>