

Prevent H1N1 Flu*

*H1N1 is a new influenza virus and was originally called swine flu.



**It's in Your
Hands.**



WASH

- Wash hands before eating, and after you cough or sneeze.
- Or, use an alcohol-based hand sanitizer.
- Avoid touching your face with your hands.



COVER

- Cover coughs and sneezes with a tissue and throw it away.
- Or, cough and sneeze into your elbow or shoulder... not your hand.



STAY

- Stay home for at least 24 hours after you no longer have a fever of 100°F or more.

Download this poster and more at www.HealthyAdvice.com/PreventH1N1

ERP-90527

ERP101

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