

PANDEMIC FLU

Stop the Spread of Germs

Adapted from the Centers for Disease Control and Prevention

Colds and the flu are caused by viruses that infect the nose, throat, and lungs. The viruses usually spread from person-to-person when an infected person coughs or sneezes.

To help prevent the spread of cold germs, seasonal flu, and pandemic flu:

Cough or sneeze into a tissue.

Throw the tissue away and wash your hands.

Wash your hands often with soap and water.

Wash for 15 to 20 seconds.

Use alcohol-based hand wipes or gel sanitizers if there is no water.

Rub hands until dry.

Avoid touching your eyes, nose, and mouth.

Germs can live on surfaces like doorknobs and are spread through contact.

Stay home when you are sick or have flu symptoms. Get plenty of rest. Check with your doctor as needed.

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LET'S ALL GET READY!

www.vdh.virginia.gov/LHD/tj/pandemic_flu.asp

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LEARN MORE ABOUT WHAT OUR COMMUNITY IS DOING