



H1N1 Flu – Steps to Prevent Transmission

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue away after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand sanitizers are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Influenza is thought to spread mainly person to person through the coughing or sneezing of infected people.
- If you get sick, the Centers for Disease Control and Prevention (CDC) recommends that you stay home from work or school and limit contact with others to keep from infecting them.

You cannot get H1N1 flu by eating pork; however, like always, cook pork thoroughly to avoid other diseases spread by undercooked meat.



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