

2009 H1N1 INFLUENZA FACT SHEET
GOOD HEALTH HABITS FOR
PREVENTING AN OUTBREAK

1. Stay home when you are sick.

Stay home from work, school, and errands when you are sick. **Call your health care provider.**

2. Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing and throw the tissue in a wastebasket immediately.

3. Wash your hands.

Washing your hands often will help protect you from germs.

4. Avoid touching your eyes, nose or mouth.

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

5. Avoid close contact.

Avoid close contact with people who are sick. **Encourage them to call their health care provider.**

6. Practice other good health habits.

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.

**Following these guidelines will help you stay healthy
and prevent others from catching your illness.**