

Staying Healthy . . .

Important Actions to Take to Stay Healthy

- Every time you cough or sneeze, cover your mouth and nose with a tissue and throw used tissues in the trash.
- Wash your hands often, especially after you cough or sneeze.
 - Wash with soap and water for at least 20 seconds.
 - Use alcohol-based hand cleaners if soap and water are not available.
 - Wash your hands before and after preparing food or eating, after using the restroom, before and after touching your nose, eyes, or mouth, and after touching items that may have been exposed to bodily fluids
- Avoid touching your eyes, nose, or mouth. Germs spread this way.
- Get vaccinated for seasonal flu. For more information about seasonal flu vaccination, visit www.cdc.gov/flu/protect/keyfacts.htm. See the Department of Health website for a link to Flu Shot Finder- <http://www.dsf.health.state.pa.us/health/cwp/view.asp?a=178&q=235462>
- Get the 2009 H1N1 flu vaccine when it becomes available, **if** you are at higher risk for 2009 H1N1 flu complications. People at higher risk for 2009 H1N1 flu complications include pregnant women and people with chronic medical conditions (such as asthma, heart disease, or diabetes). For more information about priority groups for vaccination, visit www.cdc.gov/h1n1flu/vaccination/acip.htm.
- If you are at higher risk for complications from the flu, talk to your doctor about what you will need to do if you get sick. People at higher risk for flu complications include pregnant women and people with chronic medical conditions (such as asthma, heart disease, or diabetes).

If you think you have the flu, limit your contact with other people and seek medical advice.

For more information, visit www.flu.gov or call 1-800-CDC-INFO (1-800-232-4636).