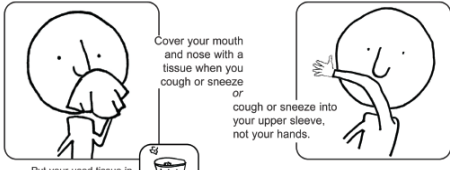


H1N1 Poster Information

Stop the spread of germs that make you and others sick!

Cover your Cough




Cover your mouth and nose with a tissue when you cough or sneeze or cough or sneeze into your upper sleeve, not your hands.


Put your used tissue in the waste basket.

Clean your Hands

after coughing or sneezing.



Wash hands with soap and warm water



or clean with alcohol-based hand cleaner.

Swine Influenza Information Line: **2-1-1**
www.sdcounty.ca.gov

Logos: MDH, APIC, PHS, CDC

http://www.sdcounty.ca.gov/Portal/docs/Coveryourcough_English.pdf

Do you feel sick?



You may have the flu if you have fever or chills
AND
a cough or sore throat

You may also have a runny nose, body aches, a headache, tiredness, diarrhea, or vomiting


If you think you have the flu, stay home or in your residence, except to get medical care.

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

<http://www.flu.gov/plan/school/higheredtoolkit.pdf>

Logos: CDC, Department of Health

Wash Your Hands



Protect yourself. Prevent disease!

Logos: Alcohol Based Hand Sanitizer, Hand Cleaner

Lávese las manos Hãy rửa tay Hugasan ang iyong mga kamay
請洗手 手を洗いましょう。 손을 씻으십시오

A message from your local health officer and the California Department of Health Services, Division of Communicable Disease Control 888-811-1149

<http://www.sdiz.org/catalog/catalog.asp>

HEALTH ALERT:

Coughing spreads germs. Protect yourself and others.



- Cover your coughs
- Ask about a face mask
- Clean hands often

ALERTA DE SALUD:

Al toser se transmiten microbios. Protéjase Ud. y a los demás.

- Tápese la boca al toser
- Pida si debes usar una máscara de cara
- Lávese las manos con frecuencia

Logos: Infection: Don't Pass It On, Department of Veterans Affairs

www.publichealth.va.gov/infectionDontPassItOn

http://www.publichealth.va.gov/flu/materials/posters_respiratory_etiquette.asp