Precautions You Can Take Against Pandemic Flu

Fact: A flu pandemic happens when a new virus (like H1N1) appears and spreads easily and quickly because people don't have immunity to it.

Precautions to Help Protect Yourself and Your Family From Pandemic Flu

Health experts agree that the best ways to protect yourself and your family are preparation and prevention. Taking some simple precautionary steps, you will be helping to limit the spread of the flu to your family as well as the community.

1. **Stay informed**

   Visit the www.pandemicflu.gov website for information to help you.

2. **Protect Yourself and Your Family**

   By following these simple precautionary steps*, you can help to slow the spread of the flu to your family and the community.

   - Wash hands frequently with soap and water or use a hand sanitizer
   - Use a tissue to cover coughs and sneezes, not your hand
   - Stay away or limit time with anyone who is sick
   - Stay at home or away from other people if you are sick

For more specific information:

www.pandemicflu.gov

Pandemic Flu Facts™ Northwest Ohio

Information Herein Based on Facts Available
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