

How to protect yourself against H1N1.



Take everyday preventive actions.

Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.*

Avoid touching your eyes, nose or mouth. Germs spread this way.

Try to avoid close contact with sick people.

If you are sick with flu-like illness, CDC recommends that you **stay home for at least 24 hours after your fever is gone** except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) Keep away from others as much as possible. This is to keep from making others sick.

While sick, limit contact with others to keep from infecting them.

**Though the scientific evidence is not as extensive as that on hand washing and alcohol-based sanitizers, other hand sanitizers that do not contain alcohol may be useful for killing flu germs on hands in settings where alcohol-based products are prohibited.*

For more information, about the flu (including the H1N1 flu), visit the Centers for Disease Control and Prevention (CDC) web site at www.cdc.gov or the Alameda County Department of Public Health's web site at www.acdph.org. You may also call Washington Hospital's Health Connection at 1-800-963-7070 or visit the Hospital's web site at www.whhs.com.



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