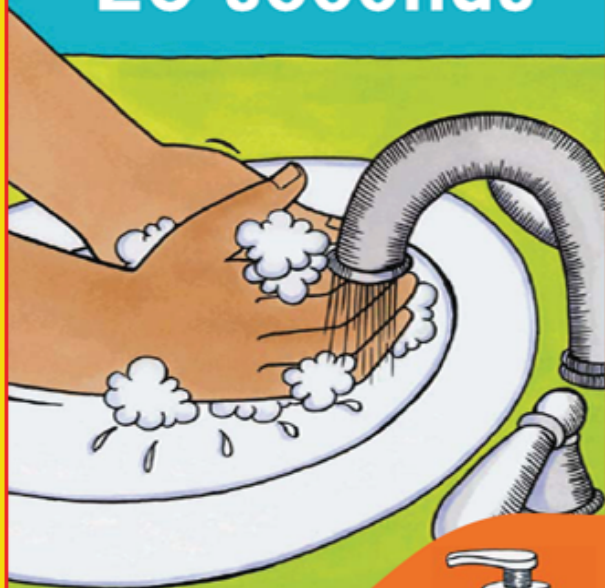


Stop Germs, Stay Healthy!

Wash hands
often for
20 seconds



Can't wash?
Use alcohol-based
hand sanitizer



SWINE FLU (H1N1)

H1N1 virus, also known as "swine flu" is a virus that can spread from people who are infected. When people cough or sneeze, they spread germs through the air or onto surfaces that other people may touch. You can't catch it from animals or from eating pork products.

How can you stop the spread of H1N1?

- Stay home when sick
- Cover coughs and sneezes
- Wash hands often


Do not seek medical care if you are not ill or have mild symptoms for which you would not ordinarily seek medical care. If you have more severe symptoms of fever, cough, sore throat, body aches or are feeling more seriously ill, call your health care provider.


Cover coughs and sneezes




When sick, stay home



 Clackamas Community
Health Division

 Multnomah County
Health Department

 Washington County
Health and Human Services

Reprinted with permission from Public Health - Seattle and King County

For more information, please visit
www.mchealth.org/swineflu.shtml