



## **“Swine Flu” and You: How to Prevent Infection**

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**There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza. Take these steps to protect your health:**

- 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 get sick with influenza, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

**For more information, please go to:**

**[www.health.montcopa.org](http://www.health.montcopa.org) or [www.H1N1inPA.com](http://www.H1N1inPA.com)**

**For additional information or guidance, you may also contact the Montgomery County Health Department at 610-278-5117.**