

# avoid the flu

## follow these **6** preventive tips

The U.S. Centers for Disease Control and Prevention (CDC) continues to emphasize everyday preventive actions to help mitigate the spread of the H1N1 flu outbreak, such as:

- 1. Wash your hands with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.**
- 2. Avoid close contact with anyone who appears sick.**
- 3. Cover your nose and mouth with a tissue when you cough or sneeze. Wash or sanitize your hands after you sneeze.**
- 4. If you feel sick, stay home from work or school, and limit contact with others.**
- 5. Avoid touching surfaces that can be contaminated with the flu virus.**
- 6. Avoid touching your eyes, nose, or mouth.**

Flu symptoms include fever, cough, sore throat, bodyaches, headaches, chills, and tiredness. With this flu, some people have also had diarrhea and vomiting. Individuals with influenza-like symptoms should avoid exposing others, and stay home at least one day after their symptoms end. Individuals who manifest symptoms following travel to Mexico, or after coming into contact with an individual known or suspected to have the H1N1 flu, should seek immediate medical guidance.



**Cooperative Extension Service**  
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**Hawaii State Dept. of Health**  
Hawaii Hotline Number: 1-866-767-5044 (toll free)  
[www.hawaii.gov/health](http://www.hawaii.gov/health)

**Centers for Disease Control and Prevention (CDC)**  
CDC Hotline: 1-800-232-4636, TTY 1-888-232-6348  
[www.cdc.gov/swineflu](http://www.cdc.gov/swineflu)