



## Tips to Stay Healthy Swine Flu

- **Update your family emergency plan**
  - Store a two-week supply of food and water, have two weeks of all regular prescription medicines at home, keep other health supplies on hand, including pain relievers and cold medications, alcohol-based hand cleaners/sanitizers and other essential supplies.
- **Stay informed** – television, radio, websites
- Influenza is thought to spread mainly person-to-person through coughing or sneezing by infected people.
- **Take everyday action to stay healthy:**
  - 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/sanitizers are also effective.
  - Avoid touching your eyes, nose or mouth. Germs spread that way.
  - Stay home if you get sick. The Centers for Disease Control recommends that you stay home from work or school and limit contact with others to keep from infecting them.
- **Follow public health advice** regarding school closures, avoiding crowds and other social distancing measures.

### **For more information, refer to following websites:**

Centers for Disease Control:  
PA Dept. of Health:  
Allegheny County Health Dept.:

<http://www.cdc.gov/swineflu>  
[www.health.state.pa.us](http://www.health.state.pa.us)  
<http://www.achd.net/>