

** SWINE FLU INFORMATION **

Since the Flu is spread person to person there are a few things we all can do to help STOP the spread:

What you need to know to protect yourself, friends and family from the Swine Flu:

- Wash your hands often with soap and water; alcohol-based cleaners are effective.
- Avoid people who are ill.
- Stay at home from work or school if sick.
- Use tissues when you cough, sneeze, or spit, and dispose of them in a covered trash bin.
- Keep your hands away from your face. Avoid touching your eyes, nose, or mouth.
- Clean shared space more often such as phone receiver, steering wheels, and office equipment.
- Refrain from sharing personal items such as forks, spoons, toothbrushes and towels.