

WASH YOUR HANDS.

H1N1 Flu Info

What should I do to keep from getting the flu?

- **First and most important: wash your hands.**
- Try to stay in good general health.
- Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious food.
- Try not touch surfaces that may be contaminated with the flu virus.
- Avoid close contact with people who are sick.

Student Health Services
www.vpul.upenn.edu/shs

What can I do to protect myself from getting sick?

Take these everyday 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 on flu...
www.cdc.gov/swineflu

**W
a
s
h
Y
O
U
r
H
a
n
d
s.**

**You
know
why.**

