

Prepare for Health!

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Flu Preparedness Tips

Prepare for Health: Flu Prevention Tips

- Wash hands 20 seconds with warm water & soap
- Wash often, especially after a cough or sneeze
- Rub hands with alcohol-based hand cleaner till dry
- Don't touch your eyes, nose or mouth
- Cough or sneeze into your elbow, not your hands!
(otherwise use a tissue and throw it away)
- Keep 6 ft. "social distance" away from anyone sick
- Call 211 for vaccine-related information

More info: www.acphd.org/H1N1 or www.flu.gov

When to Seek Urgent Medical Care

H1N1 symptoms are similar to regular flu.

Seek emergency medical care if patient:

- has difficulty breathing or rapid breathing
 - has severe or persistent vomiting
 - has lips turning blue or purple in color
 - displays confusion
 - will not drink enough fluids

or if symptoms fade, but return stronger with fever.

What to Do if You Get Sick

- Stay home -- don't get others sick
- Keep 6 feet of "safe social distance" away from others
- Get rest and liquids to speed recovery
- Watch for the symptoms above to decide if you need urgent medical care.
- **Call 211 to look for any needed social services!**