



**SPREAD THE WORD
NOT THE FLU**

**LEARN HOW TO PROTECT YOURSELF
AND OTHERS FROM THE FLU.**

STOP THE SPREAD AND SAVE LIVES.

1-800-429-8206 WWW.YOLOHEALTH.ORG

DO YOU KNOW HOW TO PREVENT GETTING AND SPREADING THE FLU?

COVER YOUR COUGH.

WASH YOUR HANDS OFTEN.

STAY HOME IF YOU'RE SICK.

AVOID SHARING INFECTED ITEMS.

Flu is highly contagious and spread mainly by bringing the virus to the eyes, nose and mouth. To stop the spread and save lives:

- Cover your mouth with your sleeve when coughing and sneezing.
- Stay at home if you're sick to prevent infecting others.
- Always wash your hands before eating, after using the bathroom and after handling animals or birds.
- Take extra precautions around people who are sick: do not touch or share infected items (such as tissues), and stay three feet away to avoid their coughing and sneezing.

Be prepared for a pandemic (worldwide) outbreak by keeping two weeks of essential supplies at home, including:

- Two weeks of water (1 gallon/day/person)
- Two weeks of canned or packaged foods
- Extra prescription and over-the-counter medications
- A family emergency plan with emergency contact numbers provided to everyone in your family, day-care providers and school personnel. Also choose an alternate family meeting place in case you cannot return home immediately.

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