

# How to Stay Healthy

## Things you can do to help yourself and our community stay healthy!

- **Practice cough etiquette.** **Cover your nose and mouth** with a tissue when you cough or sneeze. If you don't have a tissue, cough or sneeze into your elbow or shoulder, not into your hands.
- **Avoid touching your eyes, nose or mouth.** Germs spread this way.
- **Wash your hands often with soap and hot water**, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective. Avoid contact with others who are ill.
- **Stay away from people who have flu or flu-like illness.**
- **If you have been in contact with someone who has the flu**, please know that onset of the virus can take up to three days. If you experience any flu-like symptoms within this period, please stay home to limit the spread of the virus.
- **Be familiar with the common signs and symptoms of the flu:**
  - **Fever which is a temperature** (taken with a thermometer) that is equal to or greater than 100 degrees Fahrenheit or 38 degrees Celsius.
  - **Possible signs of fever:** the person feels very warm, has a flushed appearance, or is sweating or shivering.
  - **Cough, headache, runny nose, sore throat and muscle aches.**
  - **Vomiting and diarrhea.**
  - **Duration** - The H1N1 Flu may last up to 7 days; however a mild lingering cough may last for several weeks. Most cases of the flu can be managed with rest and fluids. **Most people with H1N1 flu or flu-like illness will not need to seek medical treatment.**