

KANSAS

Learning the facts can keep you healthy!

Here is a list of things **YOU CAN DO** to **STOP** the **SPREAD** of **H1N1**

- **Cover mouth and nose when you sneeze or cough**



- **Clean your hands often**



- **Avoid touching your eyes, nose or mouth**



- **Practice good health habits.**



Cover your mouth and nose when you sneeze or cough

Cough or sneeze into your elbow or into a tissue and then throw the tissue away.

Clean your hands often

When available, wash your hands – with soap and warm water – then rub your hand vigorously together and scrub all surfaces. Wash for 20 seconds, or the time to say the alphabet. It is the soap combined with the scrubbing action that helps dislodge and remove germs.

When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used. You can find them in most supermarkets and drugstores. If using a gel, rub the gel in your hands until they are dry. The gel doesn't need water to work; the alcohol in the gel kills germs that cause colds and the flu.

Avoid touching your eyes, nose, or mouth

Germs are often spread when a person touches something that is contaminated with germs and then touches their eyes, nose or mouth. Germs can live for a long time (some can live for 2 hours or more) on surfaces like doorknobs, desks, and tables.

IF YOU'RE SICK, STAY HOME

Remember: Keeping your distance from others may protect them from getting sick.