

Question: What can you do to minimize the risk of getting exposed to Swine Flu?

Answers:

1. Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

2. Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.

3. Avoid touching your eyes, nose or mouth. Germs spread that way.

4. Try to avoid contact with sick people. Flu is thought to spread mainly person-to-person through coughing or sneezing.

5. If you get sick, the health department recommends that you stay home from work or school and limit contact with others to keep from infecting them. If you feel very sick, contact your doctor or 911.

6. If you have any questions or feel sick, please do not hesitate to contact your doctor!