

HOW TO PREVENT THE SPREADING OF THE H1N1 FLU:

1. **Good Hand Hygiene:** Wash your hands with water and soap (after sneezing or coughing). Utilize the alcohol-based hand cleansers around the campus.
2. **Respiratory Etiquette:** Cover your mouth and nose with a tissue when coughing or sneezing, as this is the main way the H1N1 Flu spreads.
3. **Stay Home if You Are Sick:** Stay home for at least 24 hours after you no longer have a fever.
4. **Talk to your health care providers about whether you should be vaccinated!**

For more information on the H1N1 Flu please email cdcinfo@cdc.gov or call 800-232-4636.

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