



The signs
of a healthier Vermont

Stay Healthy

Learn What You Can Do to Prevent the H1N1 (Swine) Flu

The Centers for Disease Control and Prevention (CDC) currently recommends the following actions to protect your health.*

- Cover your nose and mouth with a tissue when you cough or sneeze.
- Wash your hands often with soap and water, especially after you cough or sneeze.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with a flu-like illness, stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities.
- Ask your doctor about the 2009 H1N1 vaccine availability.

* CDC recommendations as of September 2009.
For the most up-to-date information on the H1N1 flu, visit www.cdc.gov/h1n1flu.



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