



# H1N1 and You : How to Prevent Infection



There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza, including H1N1.

## Take these every day steps to protect your health:

- **Cover your mouth and nose.**

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.

- **Wash your hands.**

Washing your hands often will help protect you from germs.

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

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

- **Avoid close contact.**

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

- **Stay home when you are sick.**

Stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

For more information, please go to [www.cdc.gov/swineflu](http://www.cdc.gov/swineflu)