

# Reduce Your Risk for Flu... Seasonal or Pandemic

- ◆ **Stop germs from spreading.**
  - ◆ Cover your mouth and nose with tissue when coughing and sneezing
  - ◆ Wash your hands often...use hot water and soap
  - ◆ Avoid touching your eyes, nose, or mouth
  - ◆ Avoid close contact with sick people
  - ◆ Stay home when you are sick and keep your children home from school when they are sick

- ◆ **Make a personal preparedness plan and kit.** Visit [www.redcross.org](http://www.redcross.org) for details.

- ◆ **Stay informed.**  
For regularly updated information about seasonal, pandemic, and avian influenza, visit the following websites:

[www.cdc.gov/flu](http://www.cdc.gov/flu)  
[www.pandemicflu.gov](http://www.pandemicflu.gov)



South Central Public Health District  
Prevent. Promote. Protect.