

DON'T LET THE FLU GET YOU!



HAVE A PLAN



GET VACCINATED



WASH YOUR HANDS



4 DON'T TOUCH YOUR EYES, NOSE AND MOUTH



5 COVER COUGHS AND SNEEZES



6 STAY HOME IF YOU ARE SICK



7 STAY INFORMED!
www.smgov.net/oem



TO STAY HEALTHY THIS FLU SEASON!



Information on avoiding the seasonal flu and *what to do if you do get sick*

Presented by:





HAVE A PLAN

If you or your family members do become sick, it's important that the sick person stay home until they

recover to avoid spreading the virus to

others. Check with your employer about sick leave, family leave and telecommuting if available. Plan for child care and missed schoolwork, and consider any errands that will need to be done outside the home.

GET VACCINATED

The CDC encourages vaccinations for both seasonal flu and H1N1 flu. Contact your health care provider if you have specific questions or concerns.



WASH YOUR HANDS

for 20-30 seconds with soap and warm water several times a day, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.

Teach children to wash properly and often.

DON'T TOUCH!

Avoid touching eyes, mouth, and nose - it's the easiest route for germs to get into your system, and the quickest way to spread them to others.

COVER IT!



Cover nose and mouth when you cough or sneeze. Use tissues and throw them in a lined trash bin after use.

STAY HOME IF YOU ARE SICK



...and keep children or other dependents home if they are sick to keep from infecting others and spreading the virus further. Stay home until you have been without fever for 24 hours without the use of fever-reducing medication.



STAY INFORMED

Visit www.smgov.net/oem your resource for the latest information from Santa Monica health and safety services and your link to updated information from the Centers for Disease Control and Prevention (CDC) and Los Angeles County Department of Public Health.



WAYS TO STAY HEALTHY THIS FLU SEASON!

