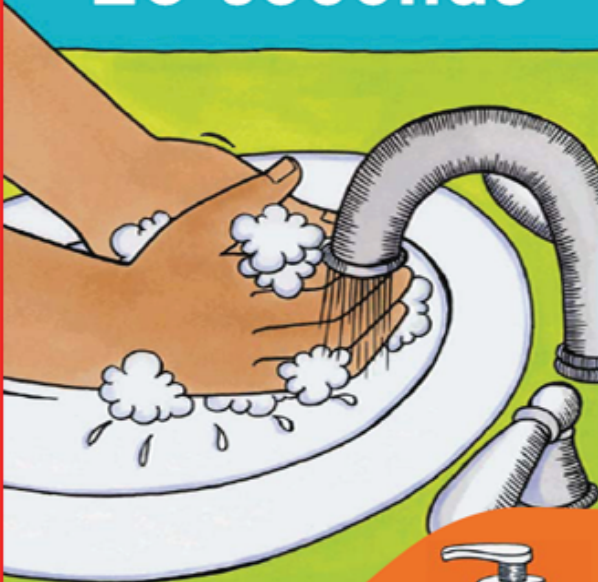


Stop Germs, Stay Healthy!

**Wash hands
often for
20 seconds**



**Can't wash?
Use alcohol-based
hand sanitizer**



SWINE FLU (H1N1)

H1N1 virus, also known as "swine flu" is a virus that can spread from people who are infected. When people cough or sneeze, they spread germs through the air or onto surfaces that other people may touch. You can't catch it from animals or from eating pork products.

How can you stop the spread of H1N1?

Stay home when sick
Cover coughs and sneezes
Wash hands often

Do not seek medical care if you are not ill or have mild symptoms for which you would not ordinarily seek medical care. If you have more severe symptoms of fever, cough, sore throat, body aches or are feeling more seriously ill, call your health care provider.

Cover coughs and sneezes



When sick, stay home



Clackamas Community
Health Division



Multnomah County
Health Department



Washington County
Health and Human Services

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**For more information, please visit
www.mchealth.org/swineflu.shtml**