

~ From Village Walk C.E.R.T ~

Here are the recommendations for preventing and minimizing the spread of the H1N1 (swine flu) flu virus:

1. **Wash your hands, wash your hands, wash your hands!** "Hand washing with soap and water for at least 20 seconds after touching objects, surfaces or another person's hands can physically remove cold viruses.
2. When water isn't available, use alcohol-based liquid hand sanitizers frequently, especially when hand washing is really not possible. If using a gel, rub your hands until the gel is dry. It does not require water to work; the alcohol in it will kill hand germs. But remember that not all germicidal lotions will adequately kill cold viruses.
3. If you sneeze or cough, cover your nose or mouth. Avoid rubbing or touching your eyes and nose. "Don't touch your face. Cold and flu are often spread by hand-to-hand contact, so avoid directly facing an individual who is coughing and sneezing." If you do sneeze into your hands, make sure you clean them, and do this EVERY time you sneeze or cough.
4. Limit your exposure (even brief contact) to those "sufferers," especially during the first several days of their flu symptoms.
5. Stay home if you're experiencing any flu symptoms. Do not report to work!
6. Routinely clean and disinfect. Remember, disinfecting actually destroys germs, it doesn't just clean surfaces. Follow instructions of all disinfectants. Germs may live on countertops and surfaces for hours or even days.
7. Finally, if you have flu symptoms, see your doctor immediately. For more information, go to www.cdc.gov/cleanhands. Also, Avoid going to the emergency room if at all possible. The ER's will be overwhelmed. Call your doctor and follow his/her advice.