

# What You Can Do to AVOID GETTING H1N1

- Cover your mouth when you cough or sneeze. Throw away tissue after use.
- Avoid touching your eyes, nose or mouth. Germs spread that way.



- Wash your hands often with soap and water. Alcohol-based hand cleaners are also effective.
- Practice social distancing.



- **STAY HOME** if you get sick. CDC recommends staying home from work or school and limit contact with others.



For more information please call  
(801) 399-7250 or 2-1-1  
[www.webermorganhealth.org](http://www.webermorganhealth.org)