



Swine Flu Prevention



What can I do to protect myself from getting sick?

There is no vaccine available right now to protect against swine flu. There are everyday actions that can help prevent the spread of germs that cause respiratory illnesses like influenza. Take these everyday steps to protect your health:

- » Avoid touching your eyes, nose or mouth. Germs spread this way.
- » Get plenty of sleep.
- » Be physically active.
- » Manage your stress.
- » Drink plenty of fluids.
- » Eat nutritious food.
- » Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- » Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.
- » Try to stay in good general health.
- » Try to avoid close contact with sick people.
- » If you get sick with influenza, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

What is the best technique for washing my hands to avoid getting the flu?

Washing your hands often will help protect you from germs. Wash with soap and water. or clean with alcohol-based hand cleaner. We recommend that when you wash your hands -- with soap and warm water -- that you wash for 15 to 20 seconds. When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used. You can find them in most supermarkets and drugstores. If using gel, rub your hands until the gel is dry. The gel doesn't need water to work; the alcohol in it kills the germs on your hands.

Content source: Swine Influenza and You, Centers for Disease Control and Prevention
http://www.cdc.gov/swineflu/swineflu_you.htm

Please contact Symmetry Wellness for support or training on this topic.