

# What can you do to **AVOID GETTING H1N1?**

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



- **Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective.**

- **Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.**
- **Stay home if you get sick. CDC recommends staying home from work or school and limit contact with others.**



**TOOELE  
COUNTY**  
HEALTH DEPARTMENT

For more information:  
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