

What Can You Do To Protect Yourself? From Columbus Public Health

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There are important everyday actions people can take to stay healthy.

- Stay informed
- Cover your cough by using the sleeve of your garment. You may also 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 hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.

Try to avoid close contact with sick people.

- Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
- If you get sick, we recommend that you stay home from work or school and limit contact with others to keep from infecting them.

The symptoms of swine flu in people are expected to be similar to the symptoms of regular human seasonal influenza, and include high fever, lethargy, lack of appetite and coughing. Some people with swine flu also have reported runny nose, sore throat, nausea, vomiting and diarrhea.

Additional information is available on the Columbus Public Health web site and CDC Web sites at www.publichealth.columbus.gov and <http://www.cdc.gov/swineflu/> or www.cdc.gov/swineflu/key_facts.htm