

You can protect yourself and others by following these key action steps.

1. **Maintain a healthy lifestyle** through rest (7 to 9 hours), diet (Rich in Vitamin D), exercise, and relaxation. Drink plenty of water.
2. **Wash your hands frequently** with soap and water for 20 seconds or use an alcohol-based hand cleaner if soap and water are not available. Be sure to wash your hands after coughing, sneezing, or blowing your nose.
3. **Avoid touching your nose, mouth, and eyes.** Germs spread this way.
4. **Cover your coughs and sneezes** with a tissue, or cough and sneeze into your elbow. Dispose of tissues in no-touch trash receptacles and wash your hands.
5. **Keep frequently touched common surfaces clean**, such as telephones, computer keyboards, doorknobs, etc.
6. **Do not use other workers' phones, desks, offices, or other work tools and equipment.** If you need to use a co-worker's phone, desk, or other equipment, clean it before and after you use it.
7. **Don't spread the flu!** If you are sick with flu-like illness, stay home. Symptoms of flu include fever (100 degrees Fahrenheit or 38 degrees Celsius) or chills and cough or sore throat. In addition, symptoms of flu can include runny nose, body aches, headache, tiredness, diarrhea, or vomiting. CDC recommends that sick workers stay home if they are sick with flu-like illness until at least 24 hours after they are free of fever without the use of fever-reducing medicines.
8. **Get vaccinated** against seasonal flu and swine flu, when vaccine is available in your area. If you are at higher risk for 2009 H1N1 flu complications you should receive the 2009 H1N1 flu vaccine when it becomes available. For more information about priority groups for influenza vaccination, please visit the CDC website at - www.cdc.gov/H1N1flu/vaccination/acip.htm.

