



STOP THE SPREAD OF INFLUENZA

Around the Navajo Nation

Everyday steps to protect your health.

Cover

Cover your nose and mouth with tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

Wash

Wash your hands at least 20 seconds with soap and water, or alcohol-base hand cleaners. Do not shake hands if you are sick.

Avoid

Avoid touching your eyes, nose or mouth. Germs spread this way.

Contact

Avoid close contact with sick people. If you get sick, stay home from work or school, and other public places.

Groups at higher risk for seasonal influenza complications include:

- Children less than 5 years old
- Pregnant women
- People with chronic medical conditions
- People 65 years & older

Pork

The novel H1N1 flu virus is not transmitted by food. You cannot get novel H1N1 flu from eating pork products

The virus is spreading from person-to-person without regard for borders, race, or ethnicity.



For more information: cdc.gov/h1n1flu or h1n1.navajo.org
For H1N1 presentations or in-service in your area, please contact the Navajo Health Education Program 928.871.6258 or 6612



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