



**Public Health**  
Prevent. Promote. Protect.

Champaign-Urbana Public Health District

# - H1N1 FLU -

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

## What You Can Do to Stay Healthy

- 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.
- Stay home if you get sick. CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

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## Try to avoid close contact with sick people.

- Stay informed. The CUPHD website ([www.c-uphd.org](http://www.c-uphd.org)) will be updated regularly as information becomes available.
- Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
- Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.
- Develop a family emergency plan as a precaution. This should include storing a supply of food, medicines, facemasks, alcohol-based hand rubs and other essential supplies.

**H1N1 Flu Information Line: 217.531.1212**

**Additional Informational Resources:** [www.c-uphd.org](http://www.c-uphd.org)  
[www.stock2forflu.com](http://www.stock2forflu.com)  
[www.champcoprepares.com](http://www.champcoprepares.com)

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