

# Avoiding

# the FLU?

**You have more control than you think.**

**Wash your hands with soap and water often or clean with an alcohol-based hand cleaner.**

**Use tissue or arm to cover your mouth and nose to sneeze or cough.**

**Remind those who feel ill to see the doctor and stay home.**

**Get vaccinated against the flu.**

**The H1N1 influenza (Swine Flu) may be stickin' around!**



DELAWARE HEALTH  
AND SOCIAL SERVICES  
Division of Public Health

**LEARN MORE. Visit [flu.delaware.gov](http://flu.delaware.gov)**