

Worried About H1N1 Flu?

To protect yourself and your loved ones:

1. **Wash your hands often**, especially after coughing or sneezing!
2. **Cover your cough and sneeze** with a tissue or your sleeve.
3. **Stay home and away from others if you are sick**
4. **Call your doctor if you are sick** with flu-like symptoms.
5. **Keep at least 3 – 6 feet away** from someone who is ill.

**For More Information Call The
Northeast Nebraska Public Health Department:
402-375-2200 or 800-375-2260**

or www.cdc.gov/swineflu/ or www.nnphd.org

