



You can help to prevent the spread of H1N1 and Seasonal Flu ...

Wash Your Hands...

When possible wash your hands with soap and water for at least 20 seconds.



Cover Your Cough/Sneeze...

When coughing or sneezing cover your mouth or nose with a tissue or your arm... **do not** use your hands.

If You Feel Sick Stay at Home...

Stay at home if you experience flu-like symptoms.



For More Information Contact the Cleveland Department of Public Health at (216) 664-3609