

Facts About Swine Flu

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There are several ways to prevent the spread of Swine Flu.

Ways to prevent flu:

1. Cover coughs & sneezes

- Use tissues or cough & sneeze into your shirt sleeve. Throw away tissues immediately.
- Coughing & sneezing into hands can spread flu.

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Ways to prevent flu:

2. Wash hands often

- Use warm water and soap for 20 seconds
- Alcohol-based hand sanitizers also work
- Avoid touching your mouth, nose & eyes

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Ways to prevent others from getting the flu:

3. Stay home when sick

- Stay home from work & school
- Avoid contact with others
- Call your doctor or healthcare provider **if you become ill**

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NH Swine Flu Info Hotline

1-888-330-6764 (toll free)

8:00 a.m. – 8:00 p.m.

daily

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