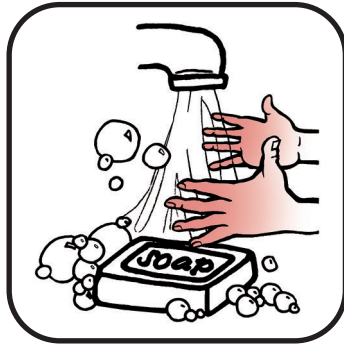


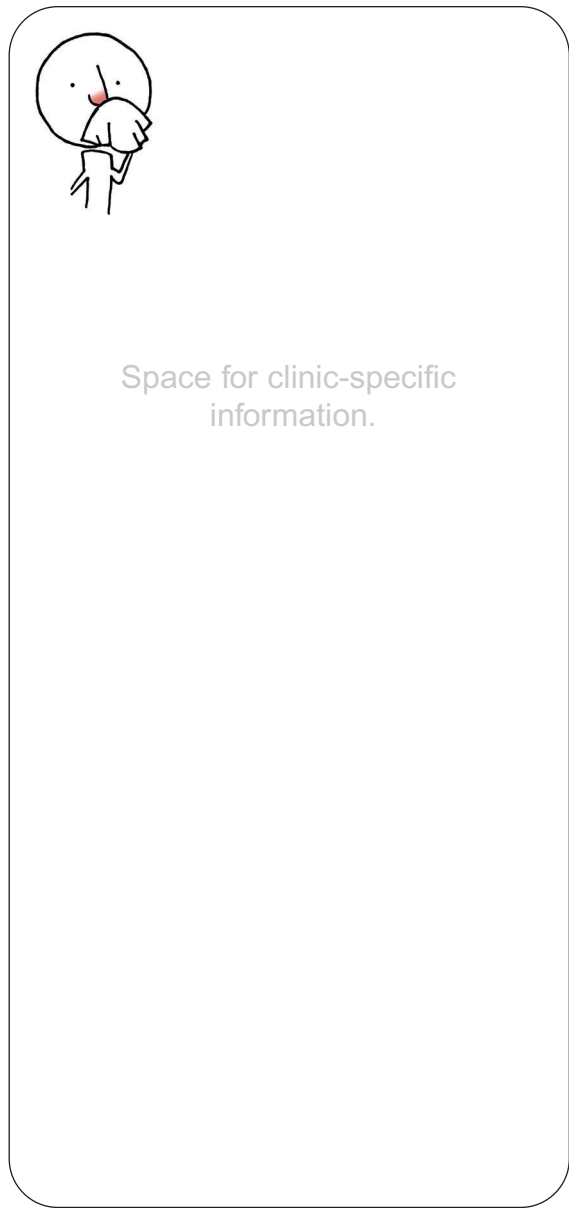
How can I stay healthy?

- Wash your hands often with soap and water or an alcohol-based hand cleaner.
- Wash your hands before touching your eyes, nose or mouth.



- Talk to your doctor about an annual flu shot. Some people are more likely than others to get very sick from the flu – especially people 65 and older, children under 23 months, and people with serious long-term health problems (such as heart disease, lung disease, and HIV infection).

Everyone 65 and older should get a pneumonia shot once for life-long protection. People with serious health problems should also get a pneumonia shot.

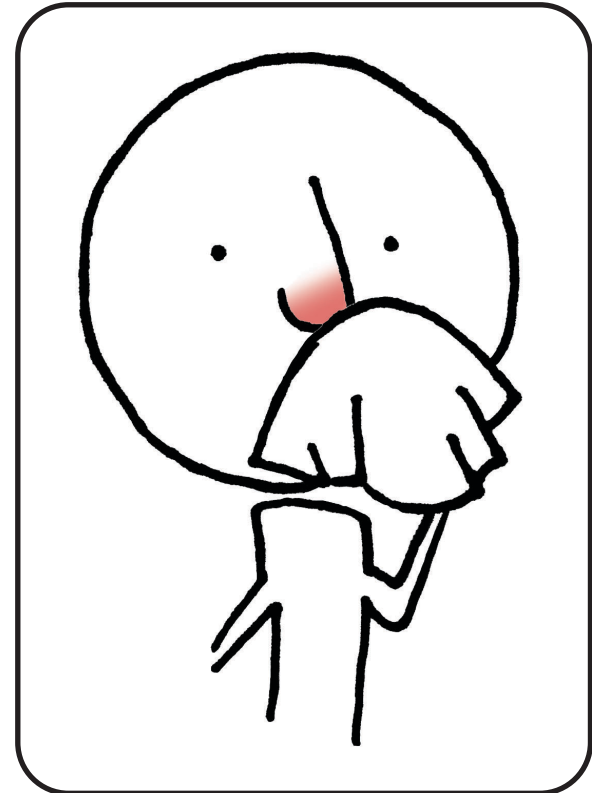


THE NEW YORK CITY
DEPARTMENT OF HEALTH
and MENTAL HYGIENE
Michael R. Bloomberg, Mayor
Thomas R. Frieden, M.D., M.P.H., Commissioner
nyc.gov/health/flu



APIC Special thanks to the Minnesota Department of Health and the Minnesota Antibiotic Resistance Collaborative. DIS1914121. – 11.04

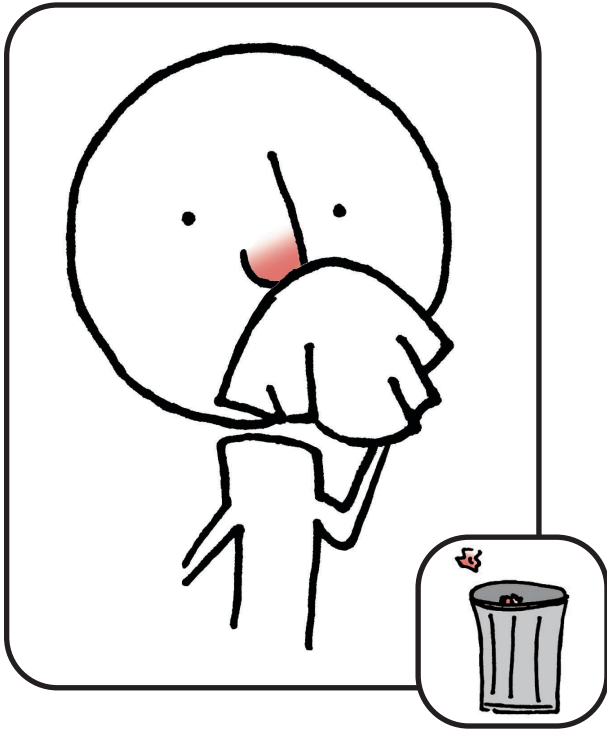
Stop the spread of germs that make you and others sick!



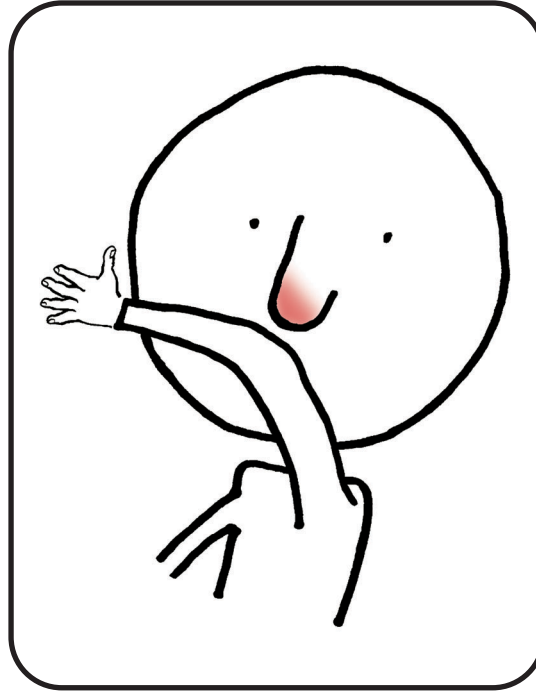
Cover your Cough

How do I stop the spread of germs if I am sick?

- Serious respiratory illnesses, like flu and Severe Acute Respiratory Syndrome (SARS), are spread by:
 - Coughing or sneezing
 - Unclean hands
- These illnesses spread easily in crowded places where people are in close contact.



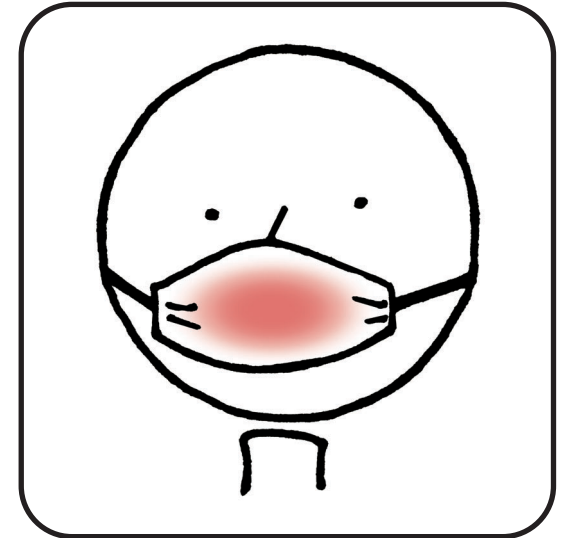
- Cover your nose and mouth with a tissue every time you cough or sneeze. Throw the used tissue in a waste basket.



- If you don't have a tissue, sneeze or cough into your sleeve, not your hands.
- After coughing or sneezing, always wash your hands with soap and water or an alcohol-based hand cleaner.
- Stay home when you are sick.
- Do not share eating utensils, drinking glasses, towels or other personal items.
- If you have fever and cough or difficulty breathing, you should see a doctor.

At a clinic or hospital:

- Cover your cough or sneeze with a tissue and dispose of the used tissue in the waste basket.
- Clean your hands with soap and water or an alcohol-based hand cleaner.
- Be sure to tell the doctor if you traveled outside New York City in the month before you got sick, or if you had close contact with someone who had recently traveled outside New York City and was ill with fever and cough.



- You may be asked to wear a mask in public. Don't worry if you see staff and other people wearing masks. They are preventing the spread of germs.