



**Committed to
Better Health and Better Living
for the New York Community**

5 Tips for Flu Prevention

1. GET VACCINATED.

- ◆ Get vaccinated for Seasonal Influenza (flu): available now.
- ◆ Get vaccinated for H1N1 Influenza (swine flu) available late October if you are eligible.

2. Know the signs and symptoms of Influenza.

{ Seasonal and H1N1 (swine flu) }

- ◆ Fever
- ◆ Cough
- ◆ Sore throat
- ◆ Chills
- ◆ Extreme tiredness
- ◆ Runny or stuffy nose
- ◆ Muscle aches
- ◆ Headaches

3. Practice Cough Etiquette.

Cough or Sneeze into your Sleeve or Tissue.

4. Wash Hands Well and Frequently (soap & water or hand sanitizer) and avoid touching your eyes, nose or mouth.

5. Avoid close contact with sick people.

***5 Tips for Taking
Care of Yourself
or a Loved One
with the Flu***

1. Stay home and drink plenty of fluids.
2. Contact your Physician/ Provider if you are feeling very sick, unable to keep down fluids, have trouble breathing or have a chronic illness (some examples: heart and lung diseases, diabetes, asthma) or are on steroid medication.
3. Stay home for 24 hours after your fever is gone (without the use of medication).
4. Take anti-virals only if directed by your physician.
5. Limit contact with others to prevent infecting them.

**For more information, please call
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www.bethabe.org**