

WASH
YOUR
HANDS!

SWINE FLU INFORMATION

Go to:
www.CDC.gov

STAY HOME
WHEN SICK!

For More Info call:
1-800-CDC-INFO (1-800-232-4636)
or
757-382-8722

Swine Flu Info
[Information](#)
[Investigation](#)
[Things You Can Do](#)
CDC.gov | HHS.gov



VDH VIRGINIA
DEPARTMENT
OF HEALTH
Protecting You and Your Environment

COVER
YOUR
COUGH!

Swine Flu Message

- See www.CDC.gov website for up to date information, as information is changing rapidly (Swine flu info-Green Box on Main Page)
- Call CDC Hotline at 1-800-CDC-INFO (1-800-232-4636) for more information
- Call Chesapeake Hotline at (757) 382-8722 for more information
- **Wash your hands often with soap and water. Alcohol-based hands cleaners are also effective.**
- Use appropriate cough etiquette: Cough into your sleeve. If you cover your nose and mouth with a tissue when you cough or sneeze throw the tissue in the trash after you use it and wash your hands with soap and water or alcohol-based hand sanitizer.

- Try to avoid close contact with sick people. (6 feet is considered close contact)
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Eat healthy foods, get enough rest and exercise regularly.
- Use the disposable wipes available at grocery/retail stores to wipe handles of shopping carts.
- If you get sick, stay home from work or school and limit contact with others to keep from infecting them
- Call your health care provider and inform of symptoms prior to visiting health care provider's office, so arrangements can be made to limit spread of infection.