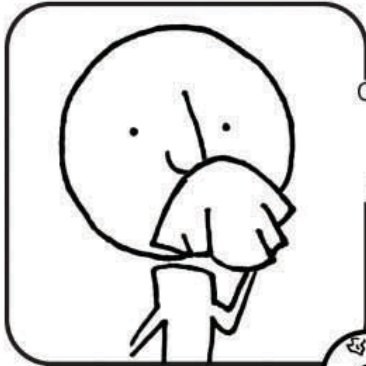


Stop the spread of germs that make you and others sick!

# Cover your Cough



Cover your mouth and nose with a tissue when you cough or sneeze

or cough or sneeze into your upper sleeve, not your hands.

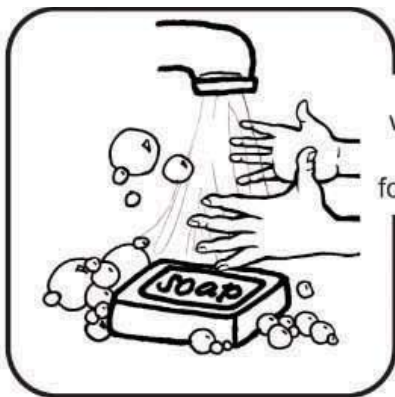


Put your used tissue in the waste basket.



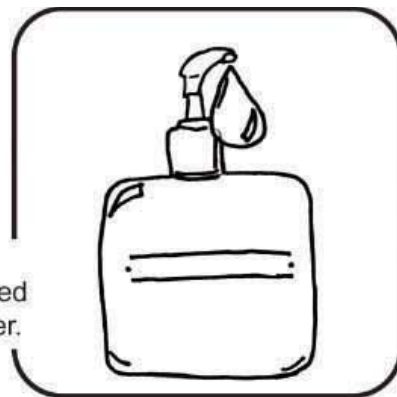
# Clean your Hands

After coughing and sneezing



Wash hands with soap and warm water for 20 seconds

or clean with alcohol-based hand cleaner.



**Public Health**  
Prevent. Promote. Protect.

Morgan County Health Department  
4275 N. St. Rt. 376 NW  
McConnelsville, Ohio 43756  
740-962-4572  
[www.morgancountyhealthdepartment.org](http://www.morgancountyhealthdepartment.org)



# Worried about H1N1 Swine Flu

What you should do.

If You Are	And you have	You Should
Not at Risk	Fever (100.4) plus cough or sore throat	Stay Home until you feel completely well for a day. Don't go to a hospital
High Risk	Fever (100.4) plus cough or sore throat	Call your doctor to discuss whether you need medicine for flu. Don't go to a Hospital
Anybody with severe illness like difficulty breathing	Fever (100.4) plus cough or sore throat	Get to a hospital right away. If you call 911, say you may have severe influenza

- **PEOPLE AT HIGHER RISK OF FLU COMPLICATIONS INCLUDE:**

Babies under 2-Pregnant Women-People with asthma, diabetes or other conditions affecting the heart, lungs, blood, liver or kidneys-People with weakened immune systems

**Do you have a Fever? A reading of 100.4 or higher is a fever.**

**For further information contact the Morgan County Health Department @ 962-4572 or [www.cdc.gov](http://www.cdc.gov) [www.flu.gov](http://www.flu.gov) [www.flu.gov](http://www.flu.gov)**