



H1N1 Flu (Swine Flu)

Billings Area Indian Health Service
Billings Area IHS Office of Health Care Programs



How To Stay Healthy

Stay Informed. This website <http://cdc.gov/h1n1flu/> will be updated regularly as information becomes available.

SWINE Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.

Take Everyday Actions to Stay Healthy

1. **WASH Hands Frequently**
 - Use SOAP or Hand Sanitizer with Alcohol.
 - Especially after coughing, sneezing or blowing your NOSE!!
2. **AVOID touching** your NOSE, Mouth and EYES!
3. **COVER your Coughs** and Sneezes with a TISSUE or into Your Elbow!
4. **Clean** Frequently Touched Surfaces: Phones, Keyboards, Doorknobs.
5. **DO Not Use Co Workers’:** Phones, Desk, PENS/PENCILS & Other Equipment. Clean them 1st or Use Your OWN.
6. **Get Vaccinated** Against:
 - Seasonal Flu
 - H1N1 FLU
7. **If YOU are SICK with Symptoms,** Stay HOME!!
CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

Follow Public Health Advice regarding school closures, avoid crowds and other social distancing measures.

Avoid Crowded areas, especially CLINICS, where sick people congregate.

Find healthy ways to deal with **stress and anxiety**.



For more information on the H1N1 Flu!
Go to <http://cdc.gov/h1n1flu/>
Or www.flu.gov



Contact Local Service Unit:

Seasonal Flu Shots Now Available
2009 H1N1 Coming Soon