



FLU. GET INFORMED. GET PREPARED. GET VACCINATED.

Health experts are already seeing an increase in H1N1 (swine) flu. Don't get caught by surprise. Prevent and prepare for both H1N1 and regular seasonal flu:

- Stop the spread of germs. Frequently wash your hands with soap and warm water (or use alcohol-based hand sanitizer) for 20 seconds. Clean your hands thoroughly after being in public or using the bathroom, and before touching food. ALWAYS wash hands first thing when arriving at work and coming home.
- Cover coughs and sneezes with your upper sleeve—not your hands, which spread the virus—or with a tissue. Wash your hands every time you use a tissue. Avoid touching your eyes, nose and mouth. Teach these habits to children and others.
- Know the symptoms of flu: fever and/or chills AND cough or sore throat; they may also include runny nose, body aches, headache, tiredness, diarrhea, and vomiting.
- Stay home when you are sick except to get medical care. Keep children home from child care or school if they have flu-like symptoms.
- Stay informed: get reliable, up-to-date flu information at www.cdc.gov or www.flu.gov. Know the situation in your community: flu outbreaks and public health efforts will vary by location. Reach your state and local health departments through www.cdc.gov by entering "state health department" in the upper-right search box.
- Get vaccinated for seasonal flu now AND get the H1N1 (swine) flu vaccine when it becomes available (around early to mid-Oct.), especially if you are in a high-risk category (age 6 months to 24 years; pregnant women; people with chronic health conditions such as diabetes, heart disease, asthma, or HIV; people who care for babies under 6 months old; and health care workers).
- Get ready at home. Stock up on basic food, supplies, and over-the-counter medicines. For a complete supply list and tips for getting prepared, see *Pandemic Flu Preparedness: Tips and Resources* on your EAP website www.harrisrothenberg.com.
- Stay strong and healthy. This is a great time to focus on what you and your loved ones can do to boost your immune systems and your mental strength: eat healthy, get exercise, avoid too much alcohol, caffeine, and sugar, and get good sleep. Learn healthy ways of controlling stress: HRI can help, and it's free and confidential.
- Plan ahead for back-up child and older adult care in case schools or care centers are closed. Find out now which friends, relatives, and trusted neighbors could help out. Informal "carepooling" is another option: learn more at www.harrisrothenberg.com.
- Talk with your children's schools or care centers and your older loved ones' caregivers about what they are doing to try to prevent illness and how they are preparing for a flu outbreak. Share the hand-washing posters and other materials available at www.cdc.gov.
- Visit your EAP website for expert resources to help you prepare for a flu outbreak: you'll find links to expert information and the *Flu Preparedness Guide* with practical tips and suggestions for helping yourself and your family.

Any questions? Call **877-ACFC-Helps**, email **ACFC@Verizon.com**, or visit us at our website www.ACFCcares.com