



Malama Kou Aloha  
(Nourish the Aloha)

Information hotline for questions: 1-866-767-5044

Monday-Friday: 7:00 AM to 7:00 PM

Saturday-Sunday: 9:00 AM to 5:30 PM

CDC website: <http://www.cdc.gov/swineflu>



# Preventing the Flu

## For You, Your Ohana, and Friends



Dept. of Health website: <http://hawaii.gov/health>

**It is everyone's responsibility to keep Hawaii's ohana healthy. Follow these seven tips to prevent the flu from affecting everyone.**

### **1. Practice good health habits**

Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids. And eat nutritious food.



### **2. Wash your hands**

Washing your hands and the hands of your children often will help protect you from germs.



### **3. Avoid Close Contact.**

Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect you from getting sick too.

### **4. Cover your mouth and nose.**

Cover your mouth and nose with a tissue when coughing or sneezing. Throw the tissue in the trash after you use it.



### **5. Avoid touching your eyes, nose or mouth.**

Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.



### **6. Stay home when you are sick.**

Stay home from work, school, and errands when you are sick. Keep sick children at home. You will prevent others from catching the illness.



### **7. Call your doctor.**

If you have a fever, cough, and runny nose, and/or body aches, nausea, vomiting or diarrhea, call your doctor. Your doctor will let you know if flu testing is needed.

Serious illness from the flu is more likely in certain groups of people including people 65 and older, pregnant women, people with certain chronic medical conditions and young children.



There are over-the-counter (OTC) medications to relieve the symptoms of the flu (but never give aspirin to children or teenagers who have flu-like symptoms, particularly fever).