

# Simple Steps to Stay *Healthy!*

**AVOID touching your eyes, nose and mouth.**

Germs spread this way.

**PRACTICE good cleaning habits.**

Wipe down surfaces (like tables and door knobs) that are touched often.

**TRY to avoid close contact with sick people.**

**STAY home if you are sick.**

If you are sick, stay home and limit contact with others.

**COVER your nose and mouth when you cough or sneeze.**

Use a tissue to cover your mouth or nose.

Don't have a tissue?

Use your elbow or sleeve - not your hands.

**WASH your hands often.**

Be sure to use soap and water when washing your hands.

Hand sanitizers are also effective.

**GET vaccinated against the flu.**



ALBEMARLE REGIONAL HEALTH SERVICES

Partners in Public Health

**Visit your local health department to get your H1N1 vaccine today!  
Or to find out more about the H1N1 flu vaccine call:**

- Bertie County - 252.794.5322 • Camden County - 252.338.4460 • Chowan County - 252.482.6003
- Currituck County - 252.232.2271 • Gates County - 252.357.1380 • Pasquotank County - 252.338.4400
- Perquimans County - 252.426.2100