

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