

**Manchester Health Department** recommends following these precautions to limit the spread of the swine flu:

- Wash hands frequently with soap and water, especially after you cough or sneeze.
- Alcohol-based hand sanitizers are also effective.
- Contain coughs and sneezes with tissues, or use a shoulder or crook of the elbow. Throw the tissue in the trash after use, and wash hands.
- Avoid touching eyes, nose or mouth. Germs spread that way. Try to avoid close contact with sick people.
- Use sanitizing or disinfecting agents often on frequently touched surfaces.
- Avoid close contact with others. This means the usual handshakes, hugs and kisses, and sharing drinking glasses, food and utensils should be avoided.
- If you get sick, the CDC recommends staying home from work or school, and limiting contact with others to keep from infecting them.

More Information on swine flu is available on the Manchester Health Department website <http://humanservices.townofmanchester.org/Health/>