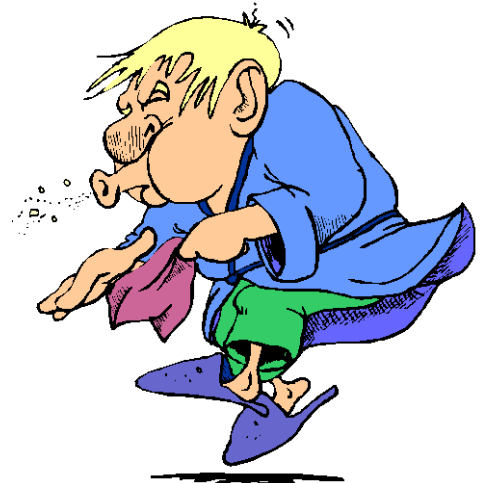


GOOD HYGIENE IS THE BEST WAY TO PREVENT SPREADING GERMS

The best way to prevent getting sick and spreading germs is to:



1. Cover you nose and mouth with a tissue when you cough or sneeze.
2. Throw the tissue in the trash after you use it
3. Wash your hands often with soap and water, especially after you cough or sneeze.
4. Alcohol-based hand cleaners are also effective.
5. Try to avoid close contact with sick people.
6. If you get sick, CDC recommends you stay home from work and limit contact with others to keep from infecting them.
7. Avoid touching your eyes, nose or mouth – Germs spread that way.



For more information about the H1N1 virus in Sacramento County, visit the Sacramento County Public Health web site at www.SCPH.com