



TOWN OF LITTLETON
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BOARD OF HEALTH

Influenza Prevention Measures

As recommended by the US Centers for Disease Control (CDC) the Board of Health would like to remind you of the following that may help in minimizing the spread of H1N1 and seasonal Flu.

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. If you do not have a tissue, sneeze into your elbow joint. Do not sneeze into your hand.
- Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
- Avoid touching your eyes, nose and mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)
- Follow public health advice regarding school closures, avoiding crowds and other measures to keep your distance from others to lessen the spread of flu.
- While sick, limit contact with others as much as possible to keep from infecting them.

For additional information please consult the CDC website. <http://www.cdc.gov/>

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