



# INFLUENZA

## Around the Navajo Nation

Everyday steps to protect your health.

### Cover

Cover your nose and mouth with tissue when you cough or sneeze. Throw the tissue in the trash after you use it.

### Wash

Wash your hands at least 20 seconds with soap and water, or alcohol-base hand cleaners. Do not shake hands if you are sick.

### Avoid

Avoid touching your eyes, nose or mouth. Germs spread this way.

### Contact

Avoid close contact with sick people. If you get sick, stay home from work or school, and other public places.

Groups at higher risk for seasonal influenza complications include:

- Children less than 5 years old
- Pregnant women
- People with chronic medical conditions
- People 65 years & older

### Pork

The novel H1N1 flu virus is not transmitted by food. You cannot get novel H1N1 flu from eating pork products

The virus is spreading from person-to-person without regard for borders, race, or ethnicity.



For more information: [cdc.gov/h1n1flu](http://cdc.gov/h1n1flu) or [h1n1.navajo.org](http://h1n1.navajo.org)  
For H1N1 presentations or in-service in your area, please contact the Navajo Health Education Program 928.871.6258 or 6612

