



## FLU PREVENTION

In preparation for the upcoming flu season and the threat of Swine Flu within this area; the Forrest County Board of Supervisors encourages all employees and residents to take precautionary steps. The first step to avoid being infected by either virus is to **Get Vaccinated**. Vaccination is the best protection against contracting the flu. You need two vaccines to be fully protected this year. The seasonal flu vaccine is different from the H1N1(Swine) flu vaccine. The Center for Disease Control (CDC) is encouraging people to get both vaccinations. Get the seasonal vaccination as soon as possible and get the H1N1 (Swine) flu vaccination as soon as it becomes available.

**Everyone is also asked to take the following everyday steps to protect your health:**

1. Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it (avoid reusing).
2. Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also an effective means to wash your hands.
3. Avoid touching your eyes, nose and mouth. Germs can/will spread this way.
4. Try to avoid, if possible, close contact with sick individuals.
5. Stay home if you are sick for seven (7) days after your symptoms begin or until you have been symptom free for 24 hours, whichever is longer. This is done to avoid infecting others and spreading the virus.
6. Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.
7. If you have close contact with a sick person, try to wear a facemask or other similar device.

Information Source: <http://www.flu.gov>

For more information regarding the seasonal flu or H1N1 (Swine) flu, contact your local health department and/or visit one of the following sites:

<http://www.flu.gov>

<http://www.cdc.gov>

<http://www.msdh.state.ms.us>