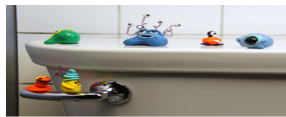


## Simple Steps to Prevent Swine Flu

Compiled by Alain Paul Martin

While you are still healthy and not showing symptoms of H1N1 Swine-Flu infection, in order to prevent proliferation, aggravation of symptoms and development of secondary infections, some very simple steps, can be practiced:

1. H1N1 is typically spread by droplets that come from the nose, mouth and hands. Wash hands frequently and thoroughly in warm, soapy water for at least 20 seconds or use an alcohol-based hand sanitizer. Carry an alcohol-based hand sanitizer
2. Cough and sneeze into your arms, not in your hand. Use a tissue and immediately dispose of it after use.
3. Keep your hands away from your eyes, nose or mouth.
4. Get H1N1 flu shot. You should also receive the seasonal flu vaccine, as in previous years. You can get both on the same day.
5. Refrain from risky physical contact including handshaking, high five gestures, hugging or cheek-to-cheek kissing.
6. Gargle twice a day with warm salt water or Listerine if you don't like salt.
7. Cautiously clean your nostrils at least once a day with warm salt water. Use cotton buds.
8. Keep common surfaces and items clean and disinfected.
9. Maintain good habits: get ample sleep and exercise. Drink fluids (warm water, herbal teas). Eat well and boost your natural immunity with foods that are rich in antioxidants and vitamin C. If you opt for supplements (vitamin C tablets), consider those with zinc to boost absorption.
10. If you are sick, stay home for 7 days or until you have been symptom free for 24 hours, whichever is longer. Wear a face mask, when sharing common spaces with other household members. Contact your doctor if your symptoms worsen.
11. Avoid contact with family members and others, if you, or they, are sick. Avoid direct contact with pigs.
12. Have important telephone numbers on hand such as your doctor, local public-health clinic and information lines.
13. Educate your kids. Watch the following together:



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