



# STOP THE SPREAD OF **INFLUENZA**

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## Around the Navajo Nation

Everyday steps to protect your health.

### 1. Cover

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

### 2. 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.

### 3. Avoid

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

### 4. Contact

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



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

