**Tips on Preventing the Spread of the Flu**

It is important to take the same common sense precautions to prevent the spread of this illness that you would take with any seasonal flu such as staying home when you are ill.

Parents do not need to keep otherwise healthy children home from school unless directed to do so by local school and health officials.

Precautionary measures for preventing the spread of illness:

1. Stay home from work or school if you have flu symptoms and do not return until 2 days after your symptoms are gone.
2. Wash your hands often with soap and warm water. Alcohol based hand cleaners are also effective.
3. Avoid people who are ill.
4. Cover your mouth when you cough, sneeze or spit. Dispose of tissues in a trash can.
5. Keep your hands away from your face.
6. Avoid touching your eyes, nose or mouth.
7. Clean shared space more often (keyboards, phone receivers, steering wheels, office equipment)
8. Refrain from sharing personal items such as forks, spoons, toothbrushes, towels.

You can obtain more information about the flu and precautionary measures at the Dept of Health’s website at www.nyhealth.gov and the Center for Disease Control website at www.cdc.gov