

# Did you wash your hands?

## PANDEMIC FLU

YOUR HEALTH IS IN YOUR HANDS



- 1:** Use soap and warm water. **2:** Scrub for 20 seconds.
- 3:** Rinse. **4:** Dry with paper towel.
- 5:** Use towel to turn off faucet and turn door handle.

### **Greene County Pandemic Influenza Planning Committee Meeting**

**Date:** Thursday, September 20, 2007

**Time:** 9:00 A.M.

**Location:** Greene Co. Health Dept.

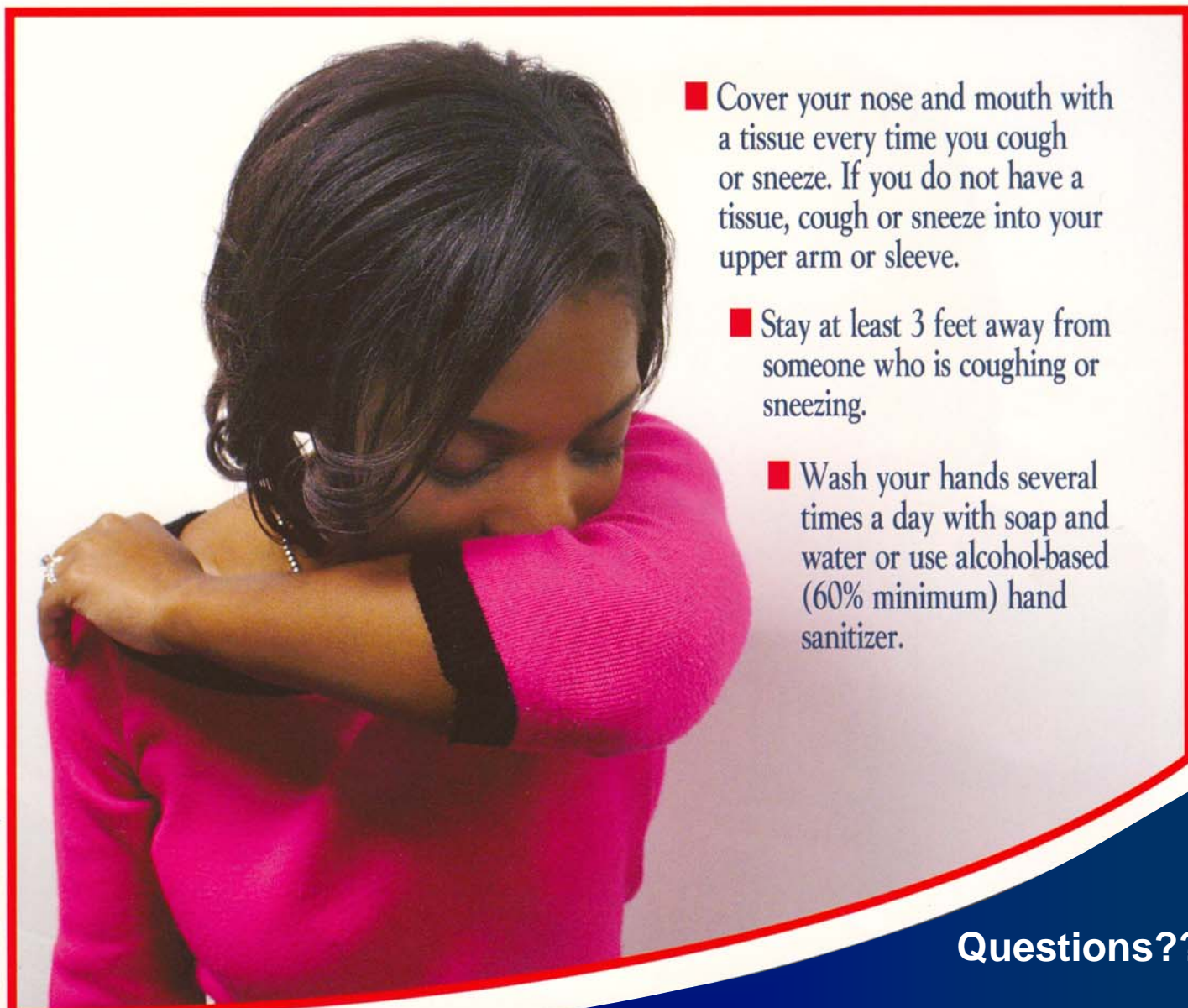
**Questions??**

Please contact the Greene Co.  
Health Dept. at 205-372-9361

# Did you cover your cough?

## PANDEMIC FLU

YOUR HEALTH IS IN YOUR HANDS



- Cover your nose and mouth with a tissue every time you cough or sneeze. If you do not have a tissue, cough or sneeze into your upper arm or sleeve.
- Stay at least 3 feet away from someone who is coughing or sneezing.
- Wash your hands several times a day with soap and water or use alcohol-based (60% minimum) hand sanitizer.

**Questions??**

Please contact the Greene Co.  
Health Dept. at [205-372-9361](tel:205-372-9361)

### **Greene County Pandemic Influenza Planning Committee Meeting**

**Date:** Thursday, September 20, 2007

**Time:** 9:00 A.M.

**Location:** Greene Co. Health Dept.

How You Can

# Prepare for a Flu Pandemic



## Greene County Pandemic Influenza Planning Committee Meeting

**Date:** Thursday, September 20, 2007  
**Time:** 9:00 A.M.  
**Location:** Greene Co. Health Dept.

**Questions??**

Please contact the  
Greene Co. Health Dept.  
at 205-372-9361