

# Help STOP THE SPREAD of SWINE FLU in ALASKA

Novel H1N1 (swine) flu is spreading in Alaska. Symptoms include fever, sore throat, aching muscles, cough and runny nose.

If you're already sick, contact your health care provider.

Remember, even if you are not sick, you can spread the germs at home or when you travel.

**Don't let it spread, wash instead!**

## Wash your hands

for 30 seconds in hot soapy water  
— or use hand sanitizer



## Cough in your sleeve or use tissue

— then wash your hands

## Stay home if you're sick

Avoid close contact with others.



Alaska Department of Health and Social Services  
For more information call 1-888-9PANFLU  
or visit <http://www.pandemicflu.alaska.gov>

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