



Wyoming
Department
of Health

Commit to your health.

Fight Flu: Cover Your Cough

Swine flu (novel H1N1) is a new influenza virus strain spreading around the world and causing illness in much the same way as the common seasonal flu viruses we see in Wyoming every year. Symptoms include fever, cough, sore throat, body aches, headaches and fatigue, and sometimes diarrhea and vomiting. Using the same common-sense actions that help protect you and your family from seasonal flu every year is the best strategy to fight swine flu. One important tactic is covering your cough.

What You Should NOT Do

- √ Many of us were taught to sneeze and cough into our hands. But research has shown that's exactly the **WRONG** thing to do.
- √ Sneezing or coughing into our hands spreads germs when we touch things such as phones, door handles, or shopping carts.
- √ Flu viruses can survive on surfaces and infect others for two to eight hours.

What You Should Do When You Sneeze or Cough

- √ Cover your mouth and nose with a tissue when you sneeze or cough
 - √ Throw your used tissue away into the trash.
- OR
- √ Sneeze and cough into your upper sleeve instead of your hands.

What You Should Do After You Sneeze or Cough

- √ Clean your hands after coughing or sneezing by washing with soap and warm water or using an alcohol-based hand cleaner.

More information online at www.health.wyo.gov

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