



# How to Stay Healthy During a Pandemic Influenza

## HERE ARE SOME SIMPLE STEPS YOU CAN TAKE TO STAY HEALTHY.

- Wash your hands often with soap and warm water.
- Use waterless, sanitizing gel to clean hands if water and soap are not available. Rub your hands together until the gel is completely dry.
- Cover your nose and mouth with a tissue when coughing or sneezing. If a tissue isn't available, cough or sneeze into your upper sleeve, not your hands.
- Do not rub your eyes or nose.
- Do not share food utensils, beverages, toothbrushes, etc.
- Minimize visitors to your home and limit travel.
- Avoid close contact with people. Stay away from public gatherings such as: school, church, movies, sporting events, theaters, daycares, etc.



Use single use, disposable tissues to prevent spreading germs & illness.



Wash your hands with soap and warm water for at least 20 seconds. That is about how long it would take you to sing the "Happy Birthday" song twice.

*For More Information  
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“The Mission of the Bear River Health Department is to: **Prevent** and control disease and disability, **Protect** the individual, community and the environment, and **Promote**, maintain, and improve healthy lifestyles.”