

**TAKE
ACTION
TO
FIGHT
THE
FLU...

AND
OTHER
VIRUSES!**

Viral illnesses spread quickly, but they can be controlled!

Flu is a respiratory viral illness spread primarily through the air. Other viral illnesses, such as norovirus, cause vomiting and diarrhea and are spread by skin-skin or skin-surface contact.

TAKE ACTION to protect yourself and your family (and co-workers)!

STAY HEALTHY!

- **EAT A WELL BALANCED DIET** – be sure to include 4 – 5 cups of fruit and vegetables (fresh is best!).
- **EXERCISE REGULARLY** – at least 30 minutes 5 times per week (walk on your lunch hour!).
- **GET PROPER REST** – 7 – 9 hours (that’s per day!) is recommended.

KEEP GERMS AWAY!

- **COVER YOUR COUGH/SNEEZE** – do it in your sleeve!
- **WASH YOUR HANDS** – before you eat, after you use the bathroom, after you handle money, after you cough or sneeze (recite the ABC’s while you scrub!).
- **DISINFECT EXPOSED SURFACES** – use “disinfectant” products regularly to clean countertops, phone hand pieces, and keyboards at both work and home.

STAY HOME IF YOU ARE SICK!

- **CALL YOUR DOCTOR** – if you develop a fever, or if your symptoms become severe.
- **LISTEN TO YOUR DOCTOR** – take the full course of medication prescribed.
- **STAY HOME WHEN YOU ARE SICK** – so you can recover quickly and fully (and to prevent your co-workers and others from getting sick!).

AND GET BACK TO HEALTH!

*For further information contact the
Kenosha County Division of Health:
8600 Sheridan Road, Suite 600, Kenosha, Wisconsin 53143
(262) 605-6700 or visit our website at
<http://www.co.kenosha.wi.us/dhs/Divisions/Health/>.*