



Plumas County Public Health Agency

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What You Can Do to Stay Healthy

Information from the Centers for Disease Control and Prevention (CDC)

- Stay informed. The CDC website (www.cdc.gov/swineflu for English or www.cdc.gov/swineflu/espanol for Spanish) will be updated regularly as information becomes available. Click on the “What’s New” link for the latest information for medical professionals, emergency medical service providers, parents, caregivers and more. Local information is available at www.countyofplumas.com.
- Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
- **Take everyday actions to stay healthy.**
 - Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
 - Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
 - Avoid touching your eyes, nose or mouth. Germs spread that way.
 - Stay home if you get sick. CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.
- Healthy people, with no flu symptoms and not in need of medical care, should stay away from medical offices, clinics and hospitals in order to limit exposure to those who may be ill.
- Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.
- Develop a family emergency plan as a precaution. This should include storing a supply of food, medicines, facemasks, alcohol-based hand rubs and other essential supplies.
- Call 1-800-CDC-INFO for more information or Plumas County Public Health Agency at 530-283-6330 or 1-800-801-6330.