



FOR IMMEDIATE RELEASE

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### **Stop the spread of the flu by practicing good habits**

With students headed back to school, the Kane County Health Department wants to send out a reminder that not only is the H1N1 flu virus still active, but we also have to be concerned about the seasonal flu.

Schools bring large groups of young people together in an enclosed area, which can help spread the virus. The Health Department is asking for everyone's help in preventing the spread of H1N1 and the season flu.

"This fall we are looking at the possibility of battling two types of flu, the seasonal kind and the H1N1 virus. We can cut down on the spread of both by covering our coughs, washing our hands and staying home when we're sick," Paul Kuehnert, Health Department Executive Director, said.

What you can do to stay healthy:

- Stay informed. 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.

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- 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.
- Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.
- Find healthy ways to deal with stress and anxiety.

The Illinois Department of Health has two hotlines available to answer questions about the H1N1 virus: (866) 848-2094 for English, and (866) 241-2138 for Spanish. More flu information is available that Health Department's Web site at [www.kanehealth.com](http://www.kanehealth.com), or the Centers for Disease Control and Prevention at [www.flu.gov](http://www.flu.gov). You can also follow the Kane County Health Department on Twitter at KaneCoHealth.

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