

PROTECT Yourself and Your Family

When thinking about protecting yourself and your family from the flu, even pandemic flu, don't forget to CHIRP:

C **Cover your cough and sneeze** — use tissues, dispose of them properly and then wash your hands.



H **Have healthy hands** — wash your hands often and well.



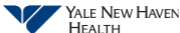
I **Isolate yourself** - maintain personal space of 3 - 6 feet to minimize exposure to influenza virus from those who may be ill; stay home if you become ill.



R **Reduce germs** in your home and workplace — regularly disinfect common surfaces such as phones, remote controls, door knobs, light switches, toys, etc.



P **Prepare yourself and your family** — create an emergency plan and kit for yourself and your family.



Yale New Haven Center for Emergency Preparedness and Disaster Response

QUESTIONS ABOUT THE FLU?

Call Yale New Haven Health Call Center
(888) 461-0106

www.yalenewhavenhealth.org/emergency/influenza

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