

Martha's Vineyard Insurance

Prepares for the Flu & the Potential Spread of
H1N1 Influenza (Swine Flu)



Like you, Martha's Vineyard Insurance is concerned with the health and safety of you, your employees, clients, and families. Initial reports from the CDC indicate the flu and H1N1 passes from human to human through close contact with infected people.

Below are some suggested health tips from the CDC for flu prevention and safe travel.

What You Can Do to Stay Healthy...

The following tips recommended by the Centers for Disease Prevention Control (CDC) represent 'best practices' that will help you stay safe while still doing your normal daily activities.



- ⇒ Stay informed. Websites like www.cdc.gov/h1n1flu are updated regularly as information becomes available.
- ⇒ Because influenza is spread mainly person-to-person through coughing or sneezing of infected people, the following rules should be followed:
 - ✓ 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. The CDC recommends 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, avoiding unnecessary travel to infected areas, and other social distancing measures.
- ⇒ Take everyday actions to stay healthy. If you feel sick, see your doctor.

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