



# Lake Cumberland District Health Department

500 Bourne Avenue - P.O. Box 800 - Somerset, Kentucky 42502 - Phone 606-678-4761

April 27, 2009

The Lake Cumberland District Health Department encourages you to take the following actions to reduce the spread of flu and illness:

- 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 hand cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people.
- If you are sick or not feeling well, stay home from work or school and limit contact with others to keep from infecting them. If you feel that you need medical care, call your physician or clinic first and discuss your symptoms with them. This will minimize the spread of germs in waiting rooms and doctor's offices.



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