

PREPARING FOR PANDEMIC INFLUENZA IN YAKIMA COUNTY

How Can You Protect Yourself and Your Family?

Prevent Exposure to Germs

1. Cover your mouth and nose when you cough and sneeze
2. Wash your hands often
3. Don't touch your eyes, nose or mouth
4. Stay Home when Sick or Have Flu Symptoms!

Keep These Items in Your Home (14 Day Supply or more)

- Food and Water
- Medications
- Items to Relieve Flu Symptoms
- Items for Personal Comfort
- Cash
- Pet Supplies
- Cell Phone or Phone with a Cord



For more information, please contact the Yakima Health District at (509) 249-6541

