Prevention

Flu viruses are spread mainly from person to person through coughing or sneezing by people with influenza or by touching something with flu viruses on it, such as a desk or faucet, and then touching your eyes, mouth or nose. The influenza virus can survive on environmental surfaces, and infect a person, for 2 to 8 hours after being deposited on a surface. **Wash your hands often and avoid touching your eyes, mouth or nose.**

- **Wash** your hands often with soap and water or an alcohol-based sanitizer, especially after you cough or sneeze.
- **Cover** your mouth and nose with a tissue while sneezing or coughing, throwing the tissue in the trash after you use it.
- **Avoid** close contact with sick people.
- **Stay home** if you are sick. Remain at home (except to get medical care if needed) for at least 24 hours AFTER your fever is gone without the aid of a fever reducer.

**Warning Signs**—Severe illnesses and death have occurred as a result of illness associated with this virus. Any of these warning signs warrant urgent medical attention.

**In children**

- Fast breathing or trouble breathing
- Bluish skin color
- Not drinking enough fluids
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and a
worse cough
- Fever with a rash

**For Infants**
- Being unable to eat
- Has trouble breathing
- Has no tears when crying
- Significantly fewer wet diapers than normal

**In adults**
- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion

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**WINTER DRIVING SKILLS**

It’s time to use our winter driving skills. Skills such as slowing down so that you are prepared in advance to adjust your speed or change your route based on the weather.

- Increase your following distance to 8 seconds.
- Turn off your cruise control.
- Gradually slow down by gently applying the brakes if you lose traction.
- Avoid changing lanes when there is a build up of snow between the lanes.
- Minimize brake use on icy hills, both up and down the hill.
- Use caution over bridges, overpasses, intersections and shady spots as these are areas where ice forms first.
- Familiarize yourself with braking methods for antilock brakes (ABS) or without ABS.
- Do not panic during a skid. Continue to look where you want to go, steer in the direction you want the front of the vehicle to go, avoid slamming the brakes. When the wheels have gripped or stopped skidding then continue to steer in the desired direction.
- Properly inflate your tires, keep your gas tank at least half full, and always wear your seatbelt.

Visit www.AAA.com for a look at their “How to Go on Ice and Snow” pamphlet.