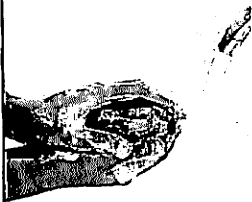


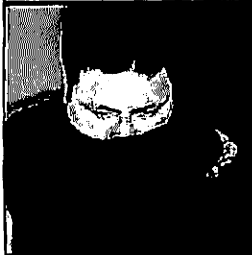
Help Stop the Spread of Seasonal Flu on the North Slope

Three easy steps 1 - 2 - 3



Step 1 - Wash your hands

for 30 seconds in hot soapy water or use
hand sanitizer.



Step 2 - Cough in your sleeve

or use tissue, then wash your hands.



Step 3 - Stay home if you're sick

No work, school or daycare. Flu Symptoms include fever, cough, sore throat, chills, runny nose, fatigue, body aches and headache. Stay home until fever free for 24 hours.

What should you do if you or your child is sick?

- Contact the Flu Hotline in Barrow 852-9260 in the villages 1-888-525-7764 ext. 260
- Stay at home (no work, no school...no daycare)
- Make sure you and or your child drinks lots of liquids
- Treat fever with over the counter Tylenol and or Motrin as directed
- Wash hands frequently

Seek **Emergency** medical care if you or your child have any of the following signs:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Is not drinking liquids
- Will not wake up or seems "out of it"

