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*Educate and influence people to prevent accidental injury and death*

## Pandemic Influenza

This year's flu season is expected to be severe. The National Safety Council urges families and organizations to prepare for seasonal flu and H1N1 flu.

Guidelines to protect your health and that of others include:

- Get yourself and your family vaccinated against the flu. Young people from 6 months to 24 years old should receive a seasonal flu vaccine annually.
- Wash your hands frequently with soap and water, especially after coughing or sneezing. If soap and water are not available, use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth. Cover your nose and mouth with a tissue when you cough or sneeze.
- Avoid close contact with others who are sick.
- If you feel sick, stay home for seven days or until you have been symptom-free for 24 hours.

For more information, read NSC's tip sheets on how to protect [families](#), [employees](#) and [organizations](#) from the flu.

National Preparedness Month is sponsored by the Department of Homeland Security's "[Ready](#)" campaign and Citizen Corps.

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