You have more control than you think.

Wash your hands with soap and water often or clean with an alcohol-based hand cleaner.
Use tissue or arm to cover your mouth and nose to sneeze or cough.
Remind those who feel ill to see the doctor and stay home.
Get vaccinated against the flu.

The H1N1 influenza (Swine Flu) may be stickin’ around!

LEARN MORE. Visit flu.delaware.gov