

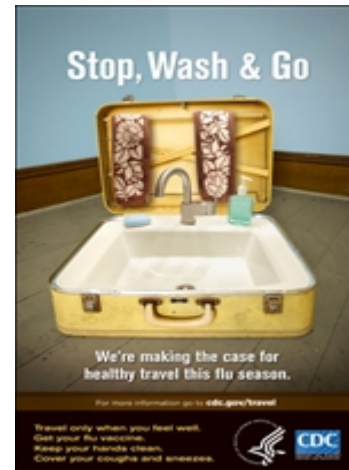
Healthy Holidays

In the coming weeks, millions of Americans will move through the nation's airports, train stations, and seaports heading out for the holidays. No one wants to be sick during this time with family and friends, so it's important to remember that staying healthy is a shared responsibility.

In November, the Centers for Disease Control and Prevention (CDC), unveiled its 2009 Travelers' Health Campaign. The CDC's new campaign encourages travelers to remember four important steps:

- Travel only when you feel well
- Wash your hands often
- Cover your coughs and sneezes with a tissue or your sleeve
- Get a flu vaccination if you're in a priority group

Look for these and more travel posters in airports, trains stations, and seaports across the country. Have a great and safe holiday.



The holiday season is a social time, so traveling or not, Arizonans with plans to celebrate by gathering with friends and family should take precautions, including:

- **Wash your hands often** with soap and water, or use an alcohol-based hand sanitizer. Always wash after coughing, sneezing or blowing your nose.
- **If you are ill, avoid holiday parties and social situations** so as not to spread germs through contact with friends, family and coworkers who might be vulnerable to infection.
- **Develop a greeting** to replace handshaking and kissing. Flu spreads mainly person-to-person through coughing, sneezing and close contact.
- **Do not share drinking glasses.** If you're using paper cups write your name on it. Keep your cup in hand at all times to avoid any mix-up.
- **Cough or sneeze into a tissue** or, if you don't have a tissue, into your elbow or upper sleeve. Use a tissue only once and dispose of it immediately afterwards.

(All information was taken from www.flu.gov and www.azdhs.gov)