

Be Prepared for H1N1 Flu.

1. **Stockpile** food, water and other supplies so you can stay home if necessary.
2. **Stay Informed.** Listen to reliable sources not rumors.
3. **Have a Plan** for your household so you don't panic.
4. **Stay Home and Call your Doctor if you are Sick.**

**For More Information Call The
Northeast Nebraska Public Health Department:
402-375-2200 or 800-375-2260**

or www.cdc.gov/swineflu/ or www.nnpd.org

