



Associated Skin Care Professionals (ASCP) presents the following information on the flu, including the H1N1 strain, as a service to its members. People who work with the public have an obligation to take appropriate precautions to avoid spreading communicable diseases.

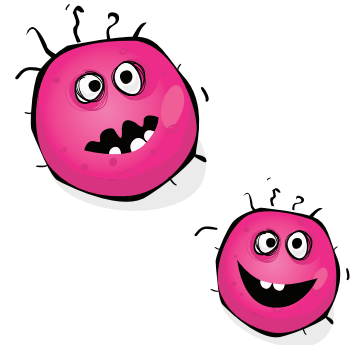
Your mother was right—always cover your mouth and wash your hands! This isn't just good manners, it's good hygiene and could stop you from getting sick or spreading sickness to those around you. With flu season just around the corner, here are some tips to keep your clients, your staff, your students, and yourself healthy this fall and winter.



The influenza virus is thought to spread from person to person through sneezing or coughing.

- Cover your mouth when you sneeze or cough. Try to sneeze or cough into a tissue or the crook of your elbow instead of into your hands. Throw away your tissue immediately.
- Keep hands washed and clean, especially after sneezing or coughing. Use soap and water or an antibacterial hand sanitizer often. Always wash hands between clients and before starting to work on a new client. Use gloves if it is appropriate for the service.
- Stay at home if you are sick and encourage your clients to reschedule if they are feeling under the weather.
- Practice good health habits now, such as eating well, getting sufficient sleep, and exercising to stay healthy later.
- Maintain proper sanitation of your work area and implements used during services.
- Consider vaccination. Talk to your health care professional to see if you are among those at risk and if getting a flu vaccine is right for you.

The U.S. Centers for Disease Control reports the symptoms of the seasonal flu, including H1N1, include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue.



A significant number of sick people also report diarrhea and vomiting.

People at higher risk of serious complications from the flu include:

- People age 65 years and older
- Children younger than 5 years old
- Pregnant women
- People of any age with chronic medical conditions (such as asthma, diabetes, or heart disease)
- People whose immune systems are not strong (such as chemotherapy patients or those infected with HIV)

For more information, visit [www.flu.gov](http://www.flu.gov)

School owners and instructors can find more information on keeping their school environment healthy at [www.flu.gov/professional/school/index.html#colleges](http://www.flu.gov/professional/school/index.html#colleges)

