



# Protect Yourself!

Vaccination and education are the best defense to prevent the flu.

Dr. Damon T. Arnold, state public health director, says...

**“Get your seasonal flu shot and get your H1N1 vaccination when it’s available.”**

## **Flu Preparedness is a Shared Responsibility**

Keep yourself well informed about the flu

[www.ready.illinois.gov](http://www.ready.illinois.gov) • [www.flu.gov](http://www.flu.gov)

Illinois Flu Hotline for **non-medical questions**

866-848-2094 (English) • 866-241-2138 (Español)

**Don't get the flu. Don't spread the flu. Get vaccinated.**  
Flu prevention is easy as 1-2-3... (1 Seasonal Flu Shot, 2 H1N1 Flu Shots, 3 Cs)

### **Remember the 3 Cs**

**Clean** – wash your hands frequently to prevent the spread of germs.

**Cover** – your cough and sneeze with a tissue or sleeve, not your hand.

**Contain** – contain your germs. Stay home if you are sick.

**For more information,  
contact your health care provider or local health department.**

