Get your seasonal flu shot.

Flu Preparedness is a Shared Responsibility
Keep yourself well informed about the flu
www.ready.illinois.gov
www.flu.gov
www.idph.state.il.us/flu
Don't get the flu. Don't spread the flu. Get vaccinated.

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.