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.

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