

**Illinois Department of PUBLIC HEALTH**  
**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.

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