



Protect Yourself!

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



Get your seasonal flu shot.

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.

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

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



**Don't get the flu. Don't spread the flu.
Get vaccinated.**



State of Illinois
Illinois Department of Public Health

IOCI 14-465



Protect Yourself!

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



Get your seasonal flu shot.

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.

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

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



**Don't get the flu. Don't spread the flu.
Get vaccinated.**



State of Illinois
Illinois Department of Public Health

IOCI 14-465