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

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