



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.”

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

Illinois Flu Hotline for **non-medical questions**

866-848-2094 (English) • 866-241-2138 (Español)

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



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)



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