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.