



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

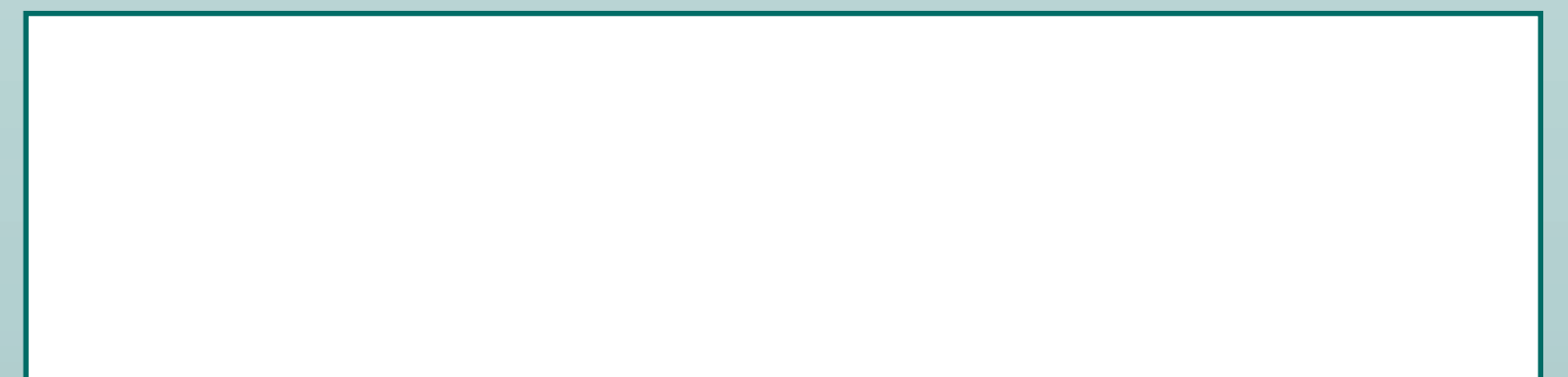
www.ready.illinois.gov

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)