

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 at:

www.ready.illinois.gov

www.flu.gov

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

866-848-2094 (English)

866-241-2138 (Spanish)

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

