

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](http://www.ready.illinois.gov)

[www.flu.gov](http://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.