

H1N1 FLU

clean · cover · contain

Stay healthy and prevent illness

Remember the 3Cs

- **clean**

wash your hands frequently to prevent the spread of germs

- **cover**

cover your cough or sneeze with a tissue or your sleeve, not your hand

- **contain**

contain your germs - stay home if you are sick

For more information about the H1N1 Flu visit:

www.dekalbcountyhealthdepartment.org

H1N1 Flu Hotlines English: 815-748-2410 Spanish: 815-748-2425

