

Protect yourself from the flu with these simple steps



Get the seasonal flu shot and novel H1N1 flu shot this year



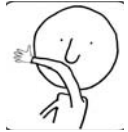
Wash your hands frequently with soap and water



Use hand sanitizers if soap and water are not available



Stay home if you have a fever



Cover your cough or sneeze with a tissue or the crook of your arm



Throw away used tissues and wash your hands after coughing or sneezing



Don't touch your eyes, nose, or mouth



Clean common surfaces like doorknobs, phones, and shopping cart handles



Visit the Genesee County Health Department's website at www.gchd.us or call the GCHD's H1N1 Flu Hotline at 810-257-3887.



Public Health
Prevent. Promote. Protect.