



Public Health
Prevent. Promote. Protect.

Rock Island County
Health Department

The Illinois Public Health Director, Dr. Damon T. Arnold recommends:

“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 – your germs. Stay home if you are sick.

Flu preparedness is a shared responsibility. Keep yourself informed about the flu:

www.richd.org

www.ready.illinois.gov

www.flu.gov

Illinois Flu Hotline for non-medical Questions:

866-848-2094 (English)

866-241-2138 (Spanish)