

FLU FACTS



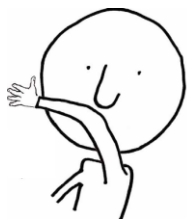
Public Health
Prevent. Promote. Protect.

Rock Island County
Health Department



Washing your hands often will help protect you from germs.

Avoid touching your eyes, nose or mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.



Cover your mouth and nose with a tissue when coughing or sneezing. If you have no tissue handy, cough or sneeze into your upper sleeve. It may prevent those around you from getting sick.



Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too. If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.



By far, the single best way to prevent the flu is for individuals, especially people at high risk for serious complications from the flu, to get a vaccination each fall.

**This information is provided from the Peoria Region West,
Emergency Preparedness Workgroup representing Adams, Brown,
Fulton, Hancock, Henderson, Knox, McDonough, Mercer, Rock Island, Stark,
Schuyler and Warren Counties.**