

Protect Yourself!

Be ready for seasonal & H1N1 flu.

Get flu shots and remember the 3 Cs:



Clean – your hands.



Cover – your cough.



Contain – your germs.

Stay home if you are sick.

Here are some things you can do to prepare:

- Be sure to get your yearly seasonal flu shot early.
Visit www.pcchd.org/seasonalflu to find a clinic near you.
- Get an H1N1 flu shot when it becomes available to you.
At first, the H1N1 vaccine will be available to those most at risk.
- Call the Peoria City/County Health Department
at 309/679-6600 for more specific information.

For more information visit:

- www.pcchd.org
- www.ready.illinois.gov

Or call:

- **Illinois Flu Hotline: 866-848-2094** (English)
or **866-241-2138** (Español)



Public Health
Prevent. Promote. Protect.

**Peoria City/County
Health Department**

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www.pcchd.org