

Flu is a serious contagious disease.

Each year in the United States, on average, more than 200,000 people are hospitalized and 36,000 people die from seasonal flu complications.

This flu season could be worse.

There is a new and very different flu virus spreading worldwide among people called novel or new H1N1 flu. This virus may cause more illness or more severe illness than usual.

Proper handwashing fights germs.

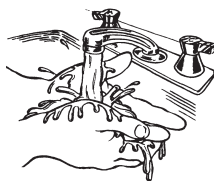
1. Wet hands with soap and warm water.



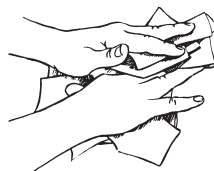
2. Rub hands for 20 seconds. Make sure to get between fingers and under fingernails.



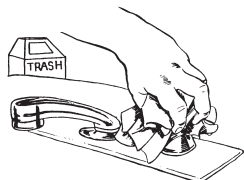
3. Rinse under warm running water.



4. Dry hands on your own clean towel.



5. Turn off water with paper towel. Throw towel away.



Flu-like symptoms include:

- fever (usually high)
- headache
- extreme tiredness
- dry cough
- runny or stuffy nose
- muscle aches
- sore throat
- vomiting
- sometimes diarrhea

For more information, visit
www.pcchd.org, or
www.ready.illinois.gov

or call the

Illinois Flu Hotline

(for non-medical questions)

866-848-2094 (English)

866-241-2138 (Español)

or call the

**Peoria City/County
Health Department**

309-679-6600

**Public Health
Says Take Steps
to Fight the Flu**

**These steps will
help protect
against the new
H1N1 flu too!**



Public Health
Prevent. Promote. Protect.

**Peoria City/County
Health Department**

2116 N. Sheridan Rd.
Peoria, Illinois 61604

www.pcchd.org

Public Health urges you to take steps to protect against the flu.

Take time to get vaccinated.

Get a yearly seasonal flu shot.

- The seasonal flu is a virus in our area.
- These viruses can spread from person to person and cause severe respiratory symptoms such as fever, cough, sore throat, and fatigue. Cases can be mild or severe enough for medical attention and hospitalization.
- Vaccination is especially important for people at high risk for complications from these respiratory symptoms, including young children, pregnant women, people with chronic health conditions and older adults.
- To help prevent the flu you can get a seasonal flu shot available at many health care providers, pharmacies, and health departments.



Follow the 3 Cs all year round.

Clean, Cover, Contain.

Clean – your hands.

Wash hands often with soap and water long enough to sing the Happy Birthday song twice or use an alcohol-based hand sanitizer.



Cover – your cough.

Cover coughs and sneezes with a tissue and throw it away or use your elbow or shoulder, not your hands.



Contain – your germs.

Stay home if you are sick.

If you are mildly sick stay at home for 24 hours after you no longer have a fever (without the use of fever reducing medicine). Be sure to drink plenty of clear fluids such as water, broth, and sports drinks. Use electrolyte beverages for infants.



If you have difficulty breathing or are getting worse, contact your healthcare provider right away.

Stay away from sick people.

Take time to get vaccinated against the “NEW” flu.

Get an H1N1 flu shot when it becomes available.

- The H1N1 flu (commonly called the swine flu) is a new flu strain we saw in the spring of 2009.
- Symptoms can be the same as the seasonal flu, but it is a completely different flu.
- The good news is that a vaccine will be available first to those most at risk, such as pregnant women and children.
- As more vaccine is produced, we expect to have enough of the H1N1 vaccine for everyone.
- When available, H1N1 vaccine clinics and shots will be provided by local health departments and some medical facilities, so watch for news on specific local providers.

Be prepared for the flu season and get your H1N1 shot.

