H1N1 (Swine Flu) Prevention Tips

Wash hands often
Cover coughs & sneezes
Stay home when sick

H1N1 flu has made a lot of people sick. Help protect yourself, your family, and your community from both H1N1 and regular seasonal flu:

- Get vaccinated against the seasonal flu and the H1N1 flu where vaccine is available.

More H1N1 flu info from your local health department (English and Spanish)

Contra Costa Health Services
- Website: www.cchealth.org
- Health Emergency Information Line: 1-888-959-9911
- Twitter: www.twitter.com/CoCoHealth
- Facebook: Contra Costa Health Services