

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

