



Cook County  
Department of Public Health  
Cook County Health and Hospitals System



### SEASONAL & H1N1 FLU PREVENTION TIPS

Help keep germs from spreading:

- **Wash Hands Often**  
with soap and water
- **Cover Your Cough/Sneeze**  
with tissue or elbow
- **Stay Home When Sick**

For more information, please visit our website at:  
[www.cookcountypublichealth.org](http://www.cookcountypublichealth.org)  
or call 708-492-2828.

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