Feeling yucky?

Fever? Sneezing? Coughing?

Keep your germs away from others.

Help prevent the spread of flu and other contagious diseases.

- Get a flu shot
- Wash your hands with soap and water frequently
- Avoid close contact with people who are ill
- Stay home when you are ill
- Eat healthy foods and get plenty of rest
- Clean and disinfect frequently touched surfaces

Sedgwick County Health Department
www.sedgwickcounty.org 316-660-7300

Sedgwick County... working for you