

Feeling Yucky.



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

Protect yourself!
Get your flu shot every year.

- Even healthy people can get seriously ill from the flu and can spread it to others.



Sedgwick County...
working for you

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