

SAN JOAQUIN COUNTY PUBLIC HEALTH SERVICES REMINDS YOU:

It's up to YOU to STOP the FLU



WASH HANDS



After coughing or sneezing, always clean hands with soap and water or an alcohol-based hand sanitizer.

KNOW THE SYMPTOMS



The symptoms of both types of flu include fever, cough, sore throat, body aches, headache, chills and fatigue.

#1 GET VACCINATED



The Flu Vaccine is safe for all members of your family, even pregnant Moms and children six months and older.

COVER COUGHS



Always cough or sneeze into a tissue or the crook of your arm.

STAY HOME



If you have Flu like symptoms, avoid close contact with others and stay home from work or school.

KILL FLU GERMS



Flu germs can live on both wet and dry surfaces! To prevent the spread of the Flu, keep bathroom surfaces, bedside tables, kitchen counters, phones and toys clean with a household cleaner.

For More Information Visit San Joaquin County Public Health Services online at www.sjcpsh.org