

Only *YOU* Can Prevent the Spread of Cold and Flu Germs!

Prevent the Spread of
Germs to...

...Children

Keep your children out of school or daycare
when they are sick.

...Co-workers

Stay home from work when you are sick.

...Family, friends, others

When sick, skip family gatherings, community
activities, and errands.

Always cough into a tissue or your sleeve.

...People in waiting rooms

Tell the office staff you are sick. Ask if they
have special instructions for you.

San Joaquin County Flu Information Line

(209) 469-8200 or www.sjgov.org/oes

Centers for Disease Control and Prevention

(800) 232-4636 or www.cdc.gov



San Joaquin County Public Health Services

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How Can I Prevent Catching Germs?

- Wash hands often with soap and water or clean with sanitizer.
- Avoid touching your eyes, nose, and mouth.
- Eat healthy, get rest, and exercise often.