

# THE FLU & YOU

## PREVENT GETTING AND SPREADING THE FLU

Seasonal and Pandemic H1N1 Flu

H1N1 | PREPARE4FLU2DAY  
www.ColumbusPandemicFlu.org

### Steps to protect yourself...

- Get a seasonal flu shot.
- Stay home from work or school if you are sick.
- Cover your cough with your arm or tissue.
- Wash your hands often.
- Do not touch your eyes, nose or mouth.
- Stay away from sick people.
- Get an H1N1 shot when it's available.



### Stay informed...

- [www.ColumbusPandemicFlu.org](http://www.ColumbusPandemicFlu.org)
- Call 2-1-1 or 221-2255 for general flu questions.

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