Protect Yourself!
Be ready for seasonal flu.

Get a flu shot and remember the 3 Cs:

Clean – your hands.
Cover – your cough.
Contain – your germs.
Stay home if you are sick.

- **Everyone** age 6 months and older should get a flu vaccine. Visit [www.pcchd.org](http://www.pcchd.org) to find flu clinics near you.

- Even healthy people can get the flu and it can be serious.

- Call the Peoria City/County Health Department at 309-679-6655 for more information.