



# stop the flu it starts with **you**



## Clean your hands

Wash your hands with soap or hand sanitizer and warm water after coughing, sneezing, caring for the sick, using the bathroom or handling garbage or animal waste. Teach your children too.

## Cover your nose and mouth

Use a tissue when coughing or sneezing, if you don't have a tissue, cough or sneeze into your upper sleeve – not your hands.



## Contain your illness

Stay home if you are sick for 7 days after your symptoms begin or until you have been symptom-free or 24 hours, whichever is longer. This is to keep from infecting others and spreading the virus further.

*Get your seasonal flu vaccine  
and the H1N1 flu vaccine when it becomes available.*



*For more information on flu prevention:*

visit [kanehealth.com](http://kanehealth.com) or call **630-208-3801**  
1240 North Highland Ave., Aurora, IL 60506 | 113 South Grove St., Elgin, IL 60120

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