

Seasonal flu and novel H1N1 virus infections can spread quickly. Prevention is key! Simple actions can prevent the spread of the illness.

*It's going to be a busy flu season.  
Are you and your family prepared?*

### **PREVENT ILLNESS**

- Get a flu shot every year.
- Wash your hands thoroughly with soap and water and use hand sanitizer regularly.
- Wash your hands before touching your eyes, nose and mouth.

### **PREVENT SPREADING**

- Stay home if you have flu-like symptoms.
- Use your elbow to shield your cough or sneeze.
- Don't share personal items such as toothbrushes, drinking glasses or towels.



**DCHHS**  
*Safe families, healthy lives.*

This message brought to you by:

Dallas County Health and Human Services

214-819-2100 | [www.dallascounty.org](http://www.dallascounty.org)