

# 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 a clinic near you.
- Even healthy people can get the flu and it can be serious.
- Call the Peoria City/County Health Department at 309-679-6060 for more information.



**Public Health**  
Prevent. Promote. Protect.

**Peoria City/County  
Health Department**

2116 N. Sheridan Rd.  
Peoria, Illinois 61604

[www.pcchd.org](http://www.pcchd.org)