

Stopping the flu is up to you!



1. Get a seasonal flu shot and the H1N1 vaccination when it becomes available.



2. Keep your germs to yourself, cover your cough, and wash hands often!



3. Stay home when sick.

NYS DOH Hotline: 1-800-808-1987

www.nyhealth.gov • www.cdc.gov



Michael P. Hein, County Executive
www.UlsterCountyNY.gov/health

**AWARE
PREPARE**

KNOWLEDGE IS POWER.
www.nyprepare.gov