

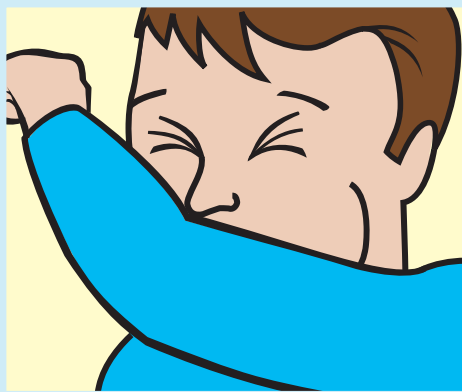
H1N1 (SWINE FLU)

PREVENTION TIPS

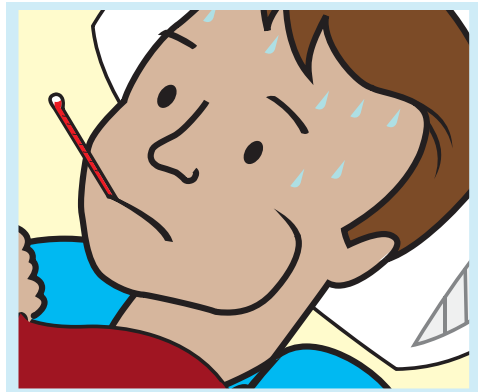
PROTECT YOURSELF AND THOSE YOU LOVE AGAINST FLU:



Wash
hands
often



Cover
coughs
& sneezes



Stay home
when sick

Millions of Californians are at risk of catching regular seasonal influenza or H1N1 pandemic flu (Swine Flu) this year.

GET THE REGULAR SEASONAL FLU SHOT

ASK YOUR DOCTOR ABOUT GETTING THE H1N1 VACCINE.

Risk Groups for H1N1 Virus:

- Children and young adults age 6 months to 24 years
- Pregnant women
- People with chronic illnesses up to age 64
- Health care workers
- Household contacts of young children



For more information, visit www.cdph.ca.gov

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