

# H1N1 (Swine Flu) Prevention Tips



Wash  
hands  
often



Cover  
coughs  
& sneezes



Stay home  
when sick

H1N1 flu has made a lot of people sick. Help protect yourself, your family, and your community from both H1N1 and regular seasonal flu:

- **Get vaccinated against the seasonal flu now and the H1N1 flu when it becomes available.**
- **Stay tuned for more information about the H1N1 flu vaccine.**

More H1N1 flu info from  
your local health department  
(English and Spanish)

## Contra Costa Health Services

- » Website:  
[www.cchealth.org](http://www.cchealth.org)
- » Health Emergency  
Information Line:  
1-888-959-9911
- » Twitter:  
[www.twitter.com/CoCoHealth](http://www.twitter.com/CoCoHealth)
- » Facebook:  
Contra Costa Health Services

