

What You Can Do

Practice Healthy Habits

In addition to getting your seasonal flu shot, help prevent the spread of flu in the workplace, schools and throughout the community by:

- Washing your hands **frequently**
- Staying home if you are sick
- Covering your cough and sneeze



Additional important items to remember about flu include:

- Overall, people are most contagious during the first three days of illness, so staying home during this time is especially important to not spread the flu to coworkers, friends or fellow students.
- People with flu-like symptoms should stay home from school, work and social gatherings until 24 hours after resolution of their fever (less than 100 F) without fever reducing medications.
- The Centers for Disease Control and Prevention recommends that children 9 and younger receive two doses of 2009 H1N1 vaccine, which should be separated by one month. One dose is recommended for everyone else.

Volunteer

The Health Department is also recruiting volunteers for its Lake County Medical Reserve Corps to help with H1N1 flu prevention. For more information, call: (847) 377-8358.

Access Reliable Information

<http://www.lakecountyil.gov/Health/H1N1.htm>

<http://www.flu.gov/>

<http://ready.illinois.gov>

The Health Department's H1N1 hotline number is: 847-377-8350.