

FOR THE UMPTEENTH TIME, WASH YOUR HANDS.

It's a matter of public health.



Washing your hands often can protect you from the flu virus.

To wash your hands:

- Use soap and running water
- Lather and scrub for about 20 seconds before rinsing
- Dry your hands with a paper towel
- Use the towel to shut off the water if possible
- When soap and water is not available, you can use an alcohol based hand sanitizer

OTTAWA COUNTY HEALTH DEPARTMENT

Learn more: www.miOttawa.org/flu

Keep in touch: www.facebook.com/flugranny



FOR CRYING OUT LOUD, GET YOUR FLU SHOT.

It's a matter of public health.



Seasonal Flu Shot Facts:

- The flu shot cannot cause the flu. Some people experience swelling and soreness at the injection site which usually goes away within 2 days.
- Some people who get the flu shot still experience the flu, although this does not happen often. Those who receive a vaccination but still get the flu generally have much milder symptoms than non-vaccinated individuals.
- The seasonal flu vaccine is available for anyone who wishes to reduce their risk of getting sick from influenza. The vaccine is available at most health care providers, as well as many clinics throughout the community.
- A vaccine for the H1N1 flu will be available soon and is recommended for certain priority groups. Visit the Ottawa County Health Department website often for updates and to find out if this group includes you.

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Call: 616-494-5575



FOR GOODNESS SALES, COVER YOUR MOUTH WHEN YOU SNEEZE.

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Cover your mouth and nose with a tissue when you cough or sneeze, then throw the tissue away. If you do not have a tissue, you can use your inner elbow. Proper cough etiquette can prevent those around you from catching your illness. But remember, if you are coughing and sneezing from the flu, you should stay home.

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YOU'RE OLD ENOUGH TO KNOW BETTER,
DON'T COME TO WORK SICK.

It's a matter of public health.



Do you really think your workplace cannot get along without you for a few days when you have the flu? When you come to work sick, you spread the virus to everyone around you. If you are sick with flu-like illness, you should stay home from work for at least 24 hours after your fever is gone without the use of a fever reducing medicine. You should also stay home from other things too, such as social events, school and errands.

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