

Cool off.



H1N1 flu, also known as swine flu, is poised for a comeback this fall and winter. Regular seasonal flu is also a concern.

If you get sick with the flu, stay home until your fever passes. Fight the spread of flu viruses by covering your coughs and sneezes. To avoid picking up flu viruses, wash your hands frequently. You can also pre-empt the flu by getting vaccinated.

FIGHT
THE FLU

For more information, contact your local public health department or visit www.FightTheFluMO.com