

Livingston County Department of Health

**Flu Facts:
An Update about the
Seasonal (regular) and H1N1
(swine) Flu**

Updated on 3/19/10

At this time there are no scheduled H1N1 or seasonal vaccine clinics.

Additional flu clinics will be posted as they are scheduled. Please check this website and the local pennysavers for more information.

Prevention is KEY!

- Cover your nose and mouth with a tissue when you cough/sneeze and throw the tissue in the trash then wash your hands or use alcohol based hand cleanser.
- Wash your hands often with soap and water or alcohol based hand cleanser
- Avoid touching your eyes, nose or mouth because this is how germs spread.
- Try to avoid close contact with sick people
- If you are sick with the flu, avoid contact with people until at least 24 hours after your fever is gone (without use of any fever reducing medicine)
- Stay home from work or school if you are ill.
- **Get your flu shots!**

For questions or more information about the flu or flu vaccine, contact the Livingston County Department of Health at **1-877-280-6775** or visit our website at http://www.livingstoncounty.us/doh_home.php.

