



Public Health
Prevent. Promote. Protect.

Champaign-Urbana Public Health District

- STAY HEALTHY -

**Washing your hands is not enough...
the Flu also spreads this way:**



Sharing cigarettes, kissing, crowding, sharing personal items, sharing drinks and food can also spread the flu

GET A FLU SHOT

Additional Informational Resources

www.c-uphd.org

www.champcoprepares.com

"Champaign County Prepares" is on Facebook. Become a fan and get updates.