



# FIGHT ////////// the ////////// FLU



////////// Protect //////////  
yourself and your family

**GET THE FLU SHOT TODAY**

NURSE ON CALL PUBLIC HEALTH INFORMATION  
800.848.5533 NOC@OAKGOV.COM  
OAKGOV.COM/HEALTH



*The Oakland County Health Division will not deny participation in its programs based on race, sex, religion, national origin, age or disability. State and federal eligibility requirements apply for certain programs.*





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## Prevent the Spread of Germs

- ✓ Cough and sneeze in your sleeve or in a tissue
- ✓ Throw used tissue in the trash
- ✓ Wash hands thoroughly with soap and water

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## Got the Flu? Keep it at Home.

- ✓ Don't attend school, work, or social events if sick
- ✓ Cough and sneeze in your sleeve or in a tissue
- ✓ Wash hands thoroughly with soap and water
- ✓ Drink plenty of water to stay hydrated