

Stop Germs, Stop Flu!

Do you have the flu? Ask yourself two quick questions:

1. Do you have a fever?
2. Do you have other symptoms? A cough, sore throat, body aches, headache, chills, diarrhea or vomiting?

If your answer is **YES** to both, you might have the flu.

If you have the flu, what should you do?

- Stay home, drink plenty of liquids and get rest.
- Protect the health of others by staying away from crowds, covering your cough, and washing your hands often.

If you aren't getting better, please call a health care provider.

If you need medical care and don't have a medical provider or health insurance, call the **Community Health Access Program at 800-756-5437.**

You will not be asked for proof of immigration status.

When sick, stay home



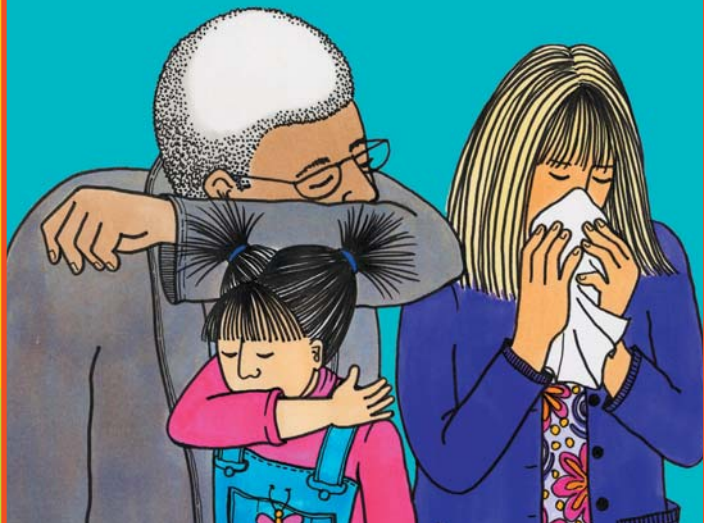
**Wash hands often
for 20 seconds**



**Can't wash?
Use alcohol-based
hand sanitizer**



Cover coughs and sneezes



Public Health 
Seattle & King County

For more information visit:
www.kingcounty.gov/health
Alternate formats available upon request