



# Don't Let the Flu Run You Down

## *STOP!*

Stop in to get a seasonal flu shot as soon as they are available. Don't put it off.

## *LOOK!*

Look into the government's guidelines about who should receive the H1N1 vaccine when it becomes available. If you fall into one of the priority groups, you may receive 2 shots – the first one primes your immune system and the second is a booster.

## *LISTEN!*

Listen to the recommendations from Public Health and follow the everyday guidelines for staying healthy – wash your hands often, cough and sneeze into your elbow or sleeve, and stay home when you're sick.

*Your local health department can steer you in the right direction to stay healthy!*

[www.summitflu.org](http://www.summitflu.org)

### **FOR SUMMIT COUNTY RESIDENTS:**

Summit County Health District, 1100 Graham Road Circle, Stow, Ohio 44224

#### **Health Commissioner**

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#### **Emergency Preparedness**

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Gillian Solem  
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Akron Health Department, 177 S. Broadway, Akron, Ohio 44308  
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### **FOR BARBERTON RESIDENTS:**

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