What would you do to protect you and your family from *serious* illness?

For many people, INFLUENZA *can* be Serious

In fact, in the U.S. influenza puts about 200,000 people in the hospital each year. Each year, 36,000 Americans die because of the flu.

The Good News is...there *are* several ways to protect you and others from getting the flu:

- ✓ Get Vaccinated!
- ✓ Clean your hands often
- ✓ Cover your mouth and nose
- ✓ Stay home when you are sick
- ✓ Avoid close contact with others when sick, or with others who are sick

Find out more specific information on flu prevention, call the health department at 582-3100 or visit www.gallatin.mt.gov/health and click on 'public health information'.

Bozeman Deaconess HOSPITAL

"Committed to the protection and promotion of public health."

Gallatin City-County Health Department