

## Why get vaccinated?

To PREVENT:

- Transmission of flu to others
- Staff illness and absenteeism
- Flu-related illness and death

## Where can I get vaccinated?

- Doctor's office
- Pharmacy
- Health Department
- Use the [flu shot finder](http://flushot.healthmap.org) at <http://flushot.healthmap.org> to locate a site near you



## Thank you for your cooperation

For questions about flu or other communicable diseases, call the Health Department at

**610-344-6452**



Jeanne Casner, MPH, PMP  
County Health Director

Chester County Commissioners

## Chester County Health Department



## Flu Prevention for Employees

601 Westtown Road, Suite 180  
West Chester, PA 19380-0990  
610.344.6452  
Fax: 610.344.5405  
[cchd@chesco.org](mailto:cchd@chesco.org)

[www.chesco.org/health](http://www.chesco.org/health)

*"Protecting You and Your Environment"*

## Signs and Symptoms

Sudden onset of:

- Fever
- Chills
- Cough
- Sore throat
- Runny or stuffy nose
- Muscle or body aches
- Headaches
- Fatigue



## Prevention

**Get the flu vaccine  
EVERY year**



## Protection

- Wash your hands
- Cover your nose and mouth with a tissue when coughing or sneezing
- Avoid touching your eyes, nose, or mouth
- Stay home when you're sick

## PPE Clothing

When tending to sick patients, wear:

- Gloves
- Mask
- Apron



**People with flu  
can spread it to  
others up to 6  
feet away!**