

Why get vaccinated?

- To prevent transmission to others
- To prevent illness and possibly death

Where can I get vaccinated?

- Doctor's office
- Pharmacy
- Health Department
- Use the flu shot finder 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 Residents and Visitors

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

www.chesco.org/health

"Protecting You and Your Environment"

Signs and Symptoms

Influenza (flu) is a contagious respiratory illness caused by influenza viruses that infect the nose, throat, and lungs.



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

People at high risk for complications from the flu

- Adults 65 and older
- Pregnant women
- People with chronic illness
- Children ages 5 and under



**You can transmit
the flu 1 day before
symptoms start
and 5-7 days after
becoming sick**