

Dear Employee,

Public health officials are working hard to prevent people from getting both seasonal influenza and novel influenza A (H1N1). While lots of activity is being done by public health at the local, state and national levels to keep you and your community healthy – YOUR ACTIONS will have the biggest impact on helping your family, friends, coworkers, and other Iowans stay healthy.

Along with Iowa Department of Public Health (IDPH) Director Tom Newton and IDPH Medical Director Dr. Patricia Quinlisk, we encourage you to get the seasonal influenza vaccine and, when appropriate, be vaccinated for the novel influenza A (H1N1) virus. Most importantly, remember the Three Cs:

- Clean your hands frequently;
- Cover your coughs and sneezes with a tissue or your sleeve; and,
- Contain germs by staying home when ill.

To learn more about influenza and for the latest news regarding H1N1, please visit the IDPH Web site at [www.idph.state.ia.us/adper/flu.asp](http://www.idph.state.ia.us/adper/flu.asp). There you will find up-to-date information on seasonal influenza and novel influenza A (H1N1). Additionally, a toll-free Influenza Hotline has been established at 1-800-447-1985.

Thanks for doing your part to keep all of us healthy.



# Fight the Flu!

Remember the 3 Cs



**Cover your cough.**  
Use a tissue or your elbow.



**Clean your hands.**  
Use soap and water or hand sanitizer.



**Contain germs.**  
Stay home when sick.