

HOW TO FIGHT THE FLU THIS FALL.

A message from your
community hospital.

- 1 Wash your hands**
- 2 Cover your cough or sneeze**
- 3 Get vaccinated for H1N1 and the seasonal flu**
- 4 Stay home when sick**
- 5 Keep common surfaces clean**
- 6 When feeling sick, contact your family doctor or community clinic**

To learn more about fighting H1N1 and the seasonal flu, visit Rouge Valley's resource page at www.rougevalley.ca/h1n1.



Rouge Valley
HEALTH SYSTEM

The best at what we do.