

# TAKE ACTION AGAINST THE FLU

Houston Healthcare urges you and your family to take the following steps every day to prevent the seasonal and H1N1 flu viruses:

- *Avoid close contact with people who are sick.*
- *Cover your nose and mouth with a tissue when coughing or sneezing. Avoid touching your eyes, nose or mouth.*
- *Wash your hands often, especially after you have been out in public or touched things that other people have touched.*
- *Stay home when you are sick. You will help prevent others from catching your illness.*
- *Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.*



## Stay Home!

- If you are sick with flu-like symptoms, the CDC recommends you stay home for at least **24 hours after** your fever is gone except to get medical care. *(Your fever should be gone without the use of a fever-reducing medicine.)*



HOUSTON LAKE  
MED-STOP  
Highway 127 at Moody Road  
975-6800

*Open Daily, 7 a.m. - 6:30 p.m.*



PAVILION  
MED-STOP  
N. Houston Road at  
Houston Mall  
923-2843

*Open Daily, 8 a.m. - 7:30 p.m.*



LAKE JOY  
MED-STOP  
118 Highway 96 West, Suite 1  
987-0323

*Open Daily, 12 noon - 10 p.m.*