

**Loudoun County  
Health Dept.**

# Free H1N1 Vaccinations

**No Flu  
For U**



**Loudoun County  
Health Department**

**WHERE?**

**WHEN?**

## What You Can Do to Stay Healthy

- **Get vaccinated against seasonal and 2009 H1N1 flu.** Vaccination is the best protection we have against flu. CDC is now encouraging everyone to get vaccinated against 2009 H1N1.
- **Take everyday actions to stay healthy.**
  - Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
  - Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub.
  - Avoid touching your eyes, nose and mouth. Germs spread that way.
  - Stay home if you get sick. CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.
- **Follow public health advice** regarding school closures, avoiding crowds and other social distancing measures.
- **Stay informed.**

**Dulles Town Center  
Upper Level by Nordstrom  
adjacent to Lane Bryant.**

**Tuesdays and Thursdays  
1:00 PM to 7:00 PM  
Plus Saturday , Jan. 23rd,  
Noon to 6:00 PM**



**Loudoun County Health  
Department**

1 Harrison St., SE  
Leesburg, VA 20177

**Flu Line: 703-771-5512**

**E-mail: [flu@loudoun.gov](mailto:flu@loudoun.gov)**

**Web: [www.loudoun.gov/flu](http://www.loudoun.gov/flu)**

**VDH** VIRGINIA  
DEPARTMENT  
OF HEALTH  
*Protecting You and Your Environment*