

Help Us Track the Flu in Maryland!

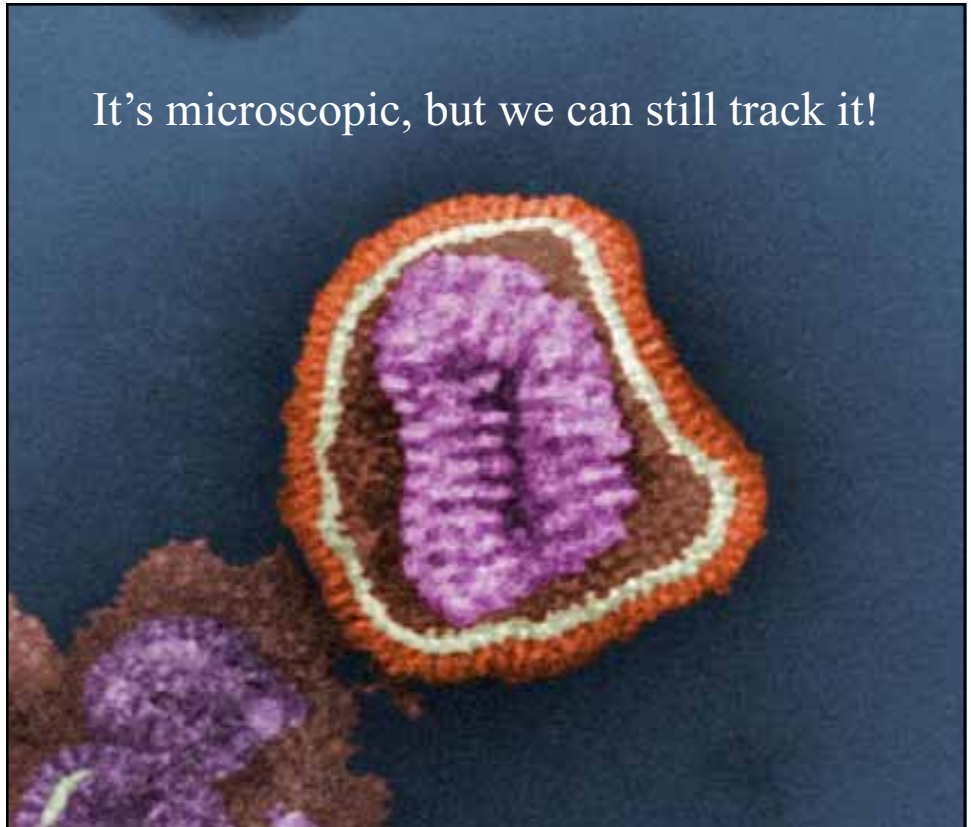
**Maryland Department of Health and Mental Hygiene
Office of Epidemiology and Disease Control Programs
Division of Communicable Disease Surveillance**

During a typical flu season, between 5% and 20% of the population comes down with the flu. This season, help the Maryland Department of Health and Mental Hygiene track influenza activity at the grassroots level.

Just tell us if you have flu-like symptoms during each of the weeks from October through May. Reporting will be done weekly through an online survey. It should not take more than 5 minutes to help keep track of this serious disease. Sign up at www.tinyurl.com/flu-enroll

Give us some basic non-identifying information and an e-mail where you would like to receive the web links to the weekly surveys.

Combined with other sources of information, your reports will help public health authorities know when the flu is here, know where it is most active and plan strategies to counteract its effects on your community.



Healthy People. Healthy Communities.

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