



"DON'T LET THE FLU GET TO YOU"

Help us protect our families and communities.
Create a health education poster with a message for preventing the flu and you could win \$100!

Mendocino County HHSA, Public Health Department is announcing a **Youth Contest** to raise awareness about the flu. All students K-12, including home-schooled students, are invited to participate in developing a health education poster to raise awareness about the flu.

Artwork should reflect the theme: **"Don't Let the Flu Get to You"**

Messages that may be used in creating the poster are:

- Cover your cough and sneeze
- Stay home if you're sick
- Wash your hands with soap and water
- Get a vaccinated
- Fight the Flu
- Stop the spread of germs
- Be a germ buster
- Things you can do to prevent the flu

Judging Criteria

Entries will be judged on creativity, originality, message, and representation of contest theme.

Entry requirements

All artwork must be 8.5 x 11 inches. No signatures or initials may appear on the front of the artwork. Individual works will be accepted in the form of painting, pencil or crayon drawing, graphic art or photography. One entry per participant will be accepted. Student name, age, grade, and school name need to be printed legibly on the back of each entry.

Entries will be displayed throughout the county!

One winner in each category will receive \$100!

**The deadline to enter is September 11, 2009.
Winners will be announced September 16th.**

All entries will be in a category based on age:

Category I - Grades K-5

Category II - Grades 6-8

Category III - Grades 9-12

**Submit entries to:
Community Health Services
Attn: Guadalupe Chavez
1120 S. Dora St., Ukiah, CA 95482**



Prizes donated by: Carmel Angelo, Mendocino County HHSA Director
Marvin Trotter MD, Mendocino County Public Health Officer
Ukiah Valley Medical Center

For questions call 472-2732