

Influenza A(H1N1)

How to Protect Yourself and Others



Cover your nose and mouth with a disposable tissue when coughing and sneezing



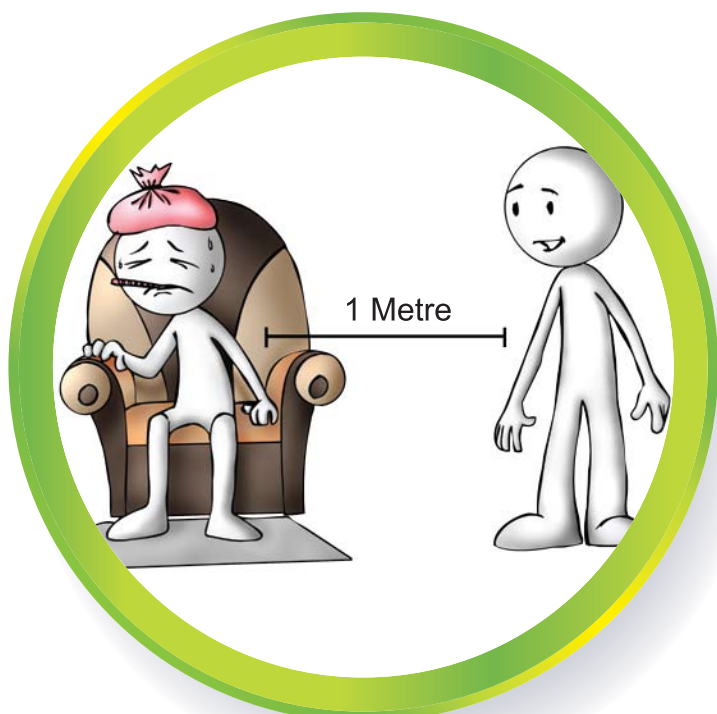
Dispose of used tissues properly immediately after use



Regularly wash hands with soap and water



If you have flu-like symptoms, seek medical advice immediately



If you have flu-like symptoms, keep a distance of at least 1 meter from other people



If you have flu-like symptoms, stay home from work, school or crowded places



Avoid hugging, kissing and shaking hands when greeting



Avoid touching eyes, nose or mouth with unwashed hands



Ministry of Health
Directorate General of Health Affairs
Department of Communicable Disease Surveillance & Control

For more information
please call the (24 hours) hotline number
92466422 / 92466642



World Health Organization