

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

For more information:

<http://www.emro.who.int/csr/h1n1/index.htm>
<http://www.who.int/en>