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