

Beating H1N1 together



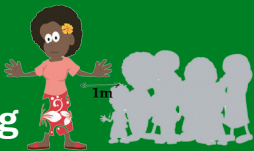
1. Wash

Wash your hands frequently and thoroughly with soap and water



2. Avoid

Avoid close contact with people coughing and sneezing



3. Cover

Cover your mouth when you cough or sneeze. Wash your hands with soap



4. Stay

Stay at home if you are sick



5. Ventilate

Ensure proper ventilation of your home every day by opening up doors and windows regularly



6. Care

Give a sick person a separate space at home and assign a single caregiver. Monitor the patient regularly



7. Breastfeed

Mothers, even if sick, are the best carers for infants and young children who are still being breast-fed



8. Recover

Persons with flu like symptoms should take plenty of fluids and keep warm and dry



9. Seek

Seek medical attention only if the patient's condition worsens dramatically



12. Danger

Danger signs are: weakness, lethargy, unconsciousness, convulsions, very difficult/obstructed breathing or shortness of breath, inability to drink fluids, dehydration and high fever



Ministry of Health