



**A MESSAGE FROM  
THE INDONESIAN GOVERNMENT:  
PROTECT YOURSELF FROM INFLUENZA**

**STAY CALM, INFORMED & ALERT**



**W**ash: wash hands often with soap, clean surfaces.

If you accidentally cough or sneeze into your hands use a liquid hand sanitizer. Hand hygiene is key to preventing the spread of flu and other diseases.



**I**nform yourself about seasonal influenza and more deadly strains while maintaining good health habits. Share the information with family members, friends and co-workers.



**S**tay home and rest as much as possible if you are sick and monitor your condition; avoid public gatherings, avoid travel.

Try to keep a distance of more than one meter away from others. See a doctor if your condition worsens.



**E**tiquette: Cover coughs and sneezes. Use a mask, tissue, a handkerchief or your elbow. Throw used tissues away and wash handkerchiefs well. Don't use your hands and don't spit in public.

**Pandemic Flu: an epidemic of infectious disease that is geographically widespread; occurring throughout a region of even the world.**



INDONESIAN NATIONAL COMMITTEE  
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PANDEMIC INFLUENZA PREPAREDNESS

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