

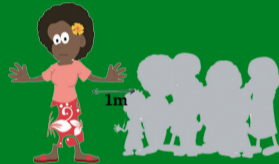
Protect yourself and others from H1N1:

Wash



Wash your hands frequently and thoroughly with soap and water

Avoid



Avoid close contact with people coughing and sneezing

Cover



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

Stay



Stay at home if you are sick.

Ventilate



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

Together



We are all in this together and together we will beat H1N1


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Ministry of Health




Beating H1N1 together:

Care




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

Breastfeed




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

Recover



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

Seek



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

Danger



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

Together














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Beating H1N1 together:

Wash  Wash your hands frequently and thoroughly with soap and water	Avoid  Avoid close contact with people coughing and sneezing	Cover  Cover your mouth when you cough or sneeze. Wash your hands with soap	Stay  Stay at home if you are sick	Ventilate  Ensure proper ventilation of your home every day by opening up doors and windows regularly	Care  Give a sick person a separate space at home and assign a single caregiver. Monitor the patient regularly	Breastfeed  Mothers, even if sick, are the best carers for infants and young children who are still being breast-fed	Recover  Persons with flu like symptoms should take plenty of fluids and keep warm and dry	Seek  Seek medical attention only if the patient's condition worsens dramatically	Danger  Danger signs are: weakness, lethargy, unconsciousness, convulsions, very difficult/obstructed breathing or shortness of breath, inability to drink fluids, dehydration and high fever	Together  We are all in this together and together we will beat H1N1
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