

## 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

## 10. Danger



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

## 11. Together



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

Keep up to date through the media and public information services to stay informed.

Protecting You & Your FAMILY from Influenza A (H1N1)



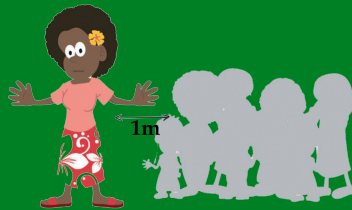
Ministry of Health

# 1. Wash



Wash your hands frequently and thoroughly with soap and water

# 2. Avoid



Avoid close contact with people coughing and sneezing

# 3. Cover



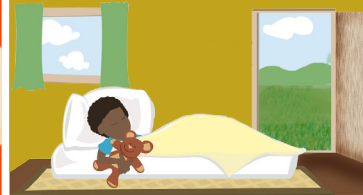
Cover your mouth when you cough or sneeze. Wash your hands with soap

# 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