How can I avoid the risk of infection?
Here are four precautions you and your family can take to avoid infection:

- Wash your hands frequently using soap and water or an alcohol-based hand rub.
- Cover mouth and nose with flexed elbow or tissue when coughing or sneezing. Dispose of used tissue immediately.
- Avoid close contact with anyone who has cold or flu-like symptoms.
- Seek medical care early if you or your child has a fever, cough or difficulty breathing.