

H1N1



1. Practice good respiratory hygiene – if you sneeze, **Catch it** in a clean tissue, **Bin it** as soon as you can, **Kill it** by washing your hands thoroughly.
2. Clean hard surfaces using a regular cleaning product and wash your hands as often as possible.
3. Watch out for the symptoms including Fever, Cough, Sore throat, Runny or stuffy nose, Body aches, Headache, Chills, Fatigue.
4. If you feel unwell, have high fever, cough or sore throat, stay at home and avoid close contact with others.
5. If you are pregnant or have a chronic medical conditions, phone your doctor immediately.