Protect Your FAMILY from Influenza A (H1N1)

1. Wash
   Wash your hands frequently with soap and avoid touching your face

2. Avoid
   Avoid close contact with sick people

3. Cover
   Cover your mouth when you cough or sneeze

4. Seek
   Seek immediate medical attention if you think you have Influenza A (H1N1) flu

For more information contact your nearest Health facility: