Beating H1N1 together

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

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

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

For further information contact: