Protect yourself and others from the flu:

**Wash**
- Wash your hands often and thoroughly with soap and water. Make it a lifetime habit.

**Avoid**
- Avoid close contact with people coughing and sneezing.

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

**Stay**
- Stay at home if you have flu like symptoms, take plenty of fluids and keep warm and dry.

Stay informed through the media and public information services

Ministry of Health