Beating the flu together:

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 and nose 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.

Care
- Give a sick person a separate space at home and assign a single caregiver. Monitor the patient regularly.

Breastfeed
- Breast milk keeps your baby strong. Keep breastfeeding and caring for your baby, even if you get sick with the flu.

Ventilate
- Ensure proper ventilation of your home every day by opening up doors and windows regularly.

Danger
- Danger signs are: Continuous high fever, breathing difficulties, inability to drink fluids, dehydration, convulsions, unconsciousness.

Seek
- Seek medical attention if the patient has danger signs or you are concerned.

Together
- We are all in this together and together we will beat the flu.

Stay informed through the media and public information services
Ministry of Health