

Spread the message

Save lives

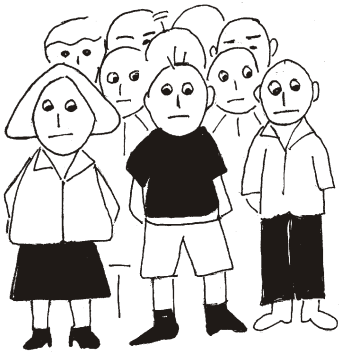
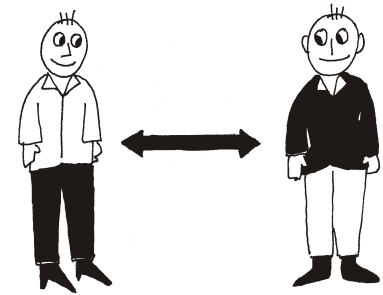
DO...



- wash your hands



- stay more than one arm's length distance from persons sick with flu



- avoid crowded places

- eat nutritious food and drink plenty of water



- get plenty of sleep and rest

DO NOT...

- shake hands or hug



- spit in public



- take medicines without consulting a physician

If you are sick, PLEASE



- cover your cough or sneeze

- stay home and limit contact with others as much as possible



- rest and take plenty of liquids

- seek medical advice

