

Influenza A (H1N1)

Dos & Dont's

DOs

1. Wash hands often
2. Cover mouth with handkerchief or tissue papers while coughing
3. Keep distance from *flu* patient
4. Maintain healthy habits: regular exercise & adequate rest
5. Drink plenty of fluids and eat nutritious food
6. People with underlying diseases should contact their doctors
7. People coming from areas of *H1N1* outbreak with *flu-like illness* to contact nearest health centre or *Control Room*
8. Dispose used tissues/masks into a bin wrapped in a piece of paper, boil used handkerchief everyday

DON'Ts

- Don't wipe or rub eyes, nose or mouth with hands
- Don't cough or sneeze openly
- Avoid hand shakes
- Avoid sudden physical or mental stresses
- Stop over-eating or fasting
- Avoid crowded places/large gatherings
- Don't self-medicate
- Don't throw used tissues/ masks in the open