

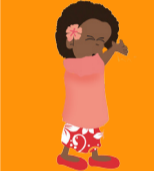


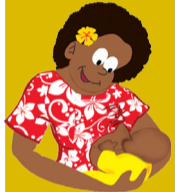






Beating the flu together:

Wash  <p>Wash your hands often and thoroughly with soap and water. Make it a lifetime habit</p>	Avoid  <p>Avoid close contact with people coughing and sneezing</p>	Cover  <p>Cover your mouth and nose when you cough or sneeze. Wash your hands with soap - always</p>	Stay  <p>Stay at home if you have flu like symptoms, take plenty of fluids and keep warm and dry</p>	Care  <p>Give a sick person a separate space at home and assign a single caregiver. Monitor the patient regularly</p>	Breastfeed  <p>Breast milk keeps your baby strong. Keep breastfeeding and caring for your baby, even if you get sick with the flu</p>	Ventilate  <p>Ensure proper ventilation of your home every day by opening up doors and windows regularly</p>	Danger  <p>Danger signs are: Continuous high fever Breathing difficulties Inability to drink fluids Dehydration Convulsions Unconsciousness</p>	Seek  <p>Seek medical attention if the patient has danger signs or you are concerned</p>	Together  <p>We are all in this together and together we will beat the flu</p>
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Stay informed through the media and public information services

Ministry of Health

