

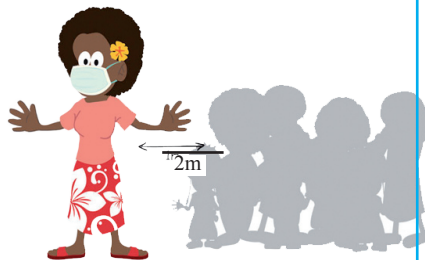
Protect Your FAMILY from Influenza A (H1N1)

1 Wash



Wash your hands frequently with soap and avoid touching your face

2 Avoid



Avoid close contact with sick people

3 Cover



Cover your mouth when you cough or sneeze

4 Seek



Seek immediate medical attention if you think you have Influenza A (H1N1) flu

For more information contact your nearest Health facility: