

INFLUENZA

How to Protect Yourself and Others



Cover your nose and mouth with a disposable tissue when coughing and sneezing



Dispose of used tissues properly immediately after use



Regularly wash hands with soap and water



If you have flu-like symptoms, seek medical advice immediately



If you have flu-like symptoms, keep a distance of at least 1 meter from other people



If you have flu-like symptoms, stay home from work, school or crowded places



Avoid hugging, kissing and shaking hands when greeting



Avoid touching eyes, nose or mouth with unwashed hands

For more information:
<http://www.emro.who.int/csr/h1n1/index.htm>
<http://www.who.int/en>

 **World Health Organization**
Regional Office for the Eastern Mediterranean

HEALTH PROTECTION INSPECTORATE RECOMMENDS:

If you have a fever over 38°C, and runny nose, cough, headache, sore throat or muscle pain and you have recently travelled to the new influenza affected country please seek the medical advice immediately.

For questions call the family physician's information phone 1220 or influenza information phone 510 2270.