

How to protect yourself and others

Follow the three golden Cs



Pandemic (H1N1) 2009

Be Clean



Wash your hands regularly with soap and water especially after using the toilet and touching anything that may not be clean



Dispose of used tissues in the waste bin immediately after use



Do not touch your eyes, nose and mouth. Wash your hands first

Be Cautious



Tell your parents and teacher if you feel hot and shivery, are coughing and sneezing, and feel dizzy



Make sure you have a balanced diet and exercise daily

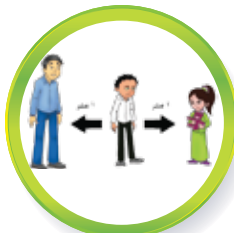


Do not go to places where there are many people if you don't have to

Be Caring



Sneeze and cough into your upper sleeve, a clean handkerchief or a tissue



Keep a distance of 1 m from other people if you have influenza symptoms



Do not shake hands or hug people if you have influenza symptoms

The vast majority of people infected with pandemic (H1N1) 2009 get better with no medical intervention