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.

Prevention is better than cure

In case of emergency seek medical attention immediately.

For more information:
http://www.emro.who.int/csr/h1n1
http://www.who.int