

# SWINE FLU

## H1 N1

**Protect yourself and your family members from Swine Flu!**



### Be aware of the symptoms:

- Fever and cough; sore throat, runny or stuffy nose, difficulty in breathing; other symptoms may include body aches, headache, fatigue, chills, diarrhoea, vomiting, blood in sputum.

### Follow the DOs and DONTs

#### DOs

- Cover your mouth and nose with a handkerchief or tissue paper when you cough or sneeze
- Wash your hands often with soap and water
- Avoid touching your eyes, nose or mouth
- Avoid crowded places. Stay more than an arm's length from persons afflicted with flu
- Stay away from public places if you have fever, coughing and sneezing
- Drink plenty of water and eat nutritious food
- Sleep well

#### DONTs

- Shake hands or use other contact greetings
- Spit in public
- Take medicines without consulting the physician

Medicines are available at various Hospitals and Chemists . Details or [www.mohfw.nic.in](http://www.mohfw.nic.in)

In case you need more information:  
call: 811-23921401; Outbreak Monitoring Cell,  
National Centre for Disease Control, Delhi

Ministry of Health and Family Welfare  
Government of India

GANG 17 FEB 2009 05:14:15