



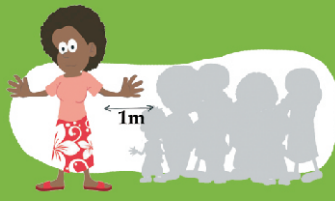
Beating FLU together

① Wash



Wash your hands often and well with soap and water

② Avoid



Avoid close contact with people coughing and sneezing

③ Cover



Cover your mouth when you cough or sneeze
Throw your tissue away
Wash your hands

④ Stay



Stay at home if you are sick. Do not go to school or work until you are better

⑤ Fresh Air



Get fresh air in your home every day; open doors and windows regularly

⑥ Care



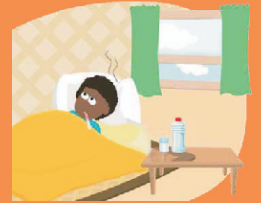
Give a sick person a separate space at home and have a single caregiver. Check the patient regularly

⑦ Breastfeed



Mothers, even if sick, are the best carers for infants and young children who are still being breastfed

⑧ Recover



Persons with flu-like illness should take plenty of fluids and keep warm and dry

⑨ High Risk



Persons with long-term illness like heart disease, lung disease, diabetes, HIV/AIDS, or pregnant women, should seek medical advice if they have flu

⑩ Seek



Seek care if there are danger signs: shortness of breath, pain in chest, vomiting a lot, very weak, very high temperature, pale or blue lips, or drowsy

For further information contact your nearest health facility



health

Department:
Health
REPUBLIC OF SOUTH AFRICA

Choose a healthy lifestyle