

Swine flu precautions

Symptoms include fever, aching body, runny nose, sore throat, nausea, vomiting and/or diarrhoea



■ If you get sick, stay home from work or school and limit contact with others to protect them from infection

■ **Cover your nose and mouth when you cough**

or sneeze. Use clean tissue – throw in trash or toilet after use

■ Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand cleaners are also effective

■ **Avoid touching your eyes, nose or mouth as virus can spread that way**



■ Avoid close contact, including shaking hands, avoid subways and other crowded areas, avoid hospitals and clinics except in emergency