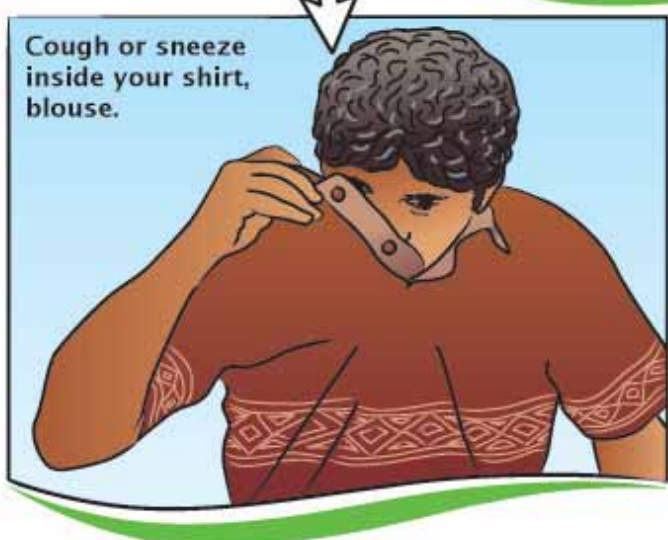
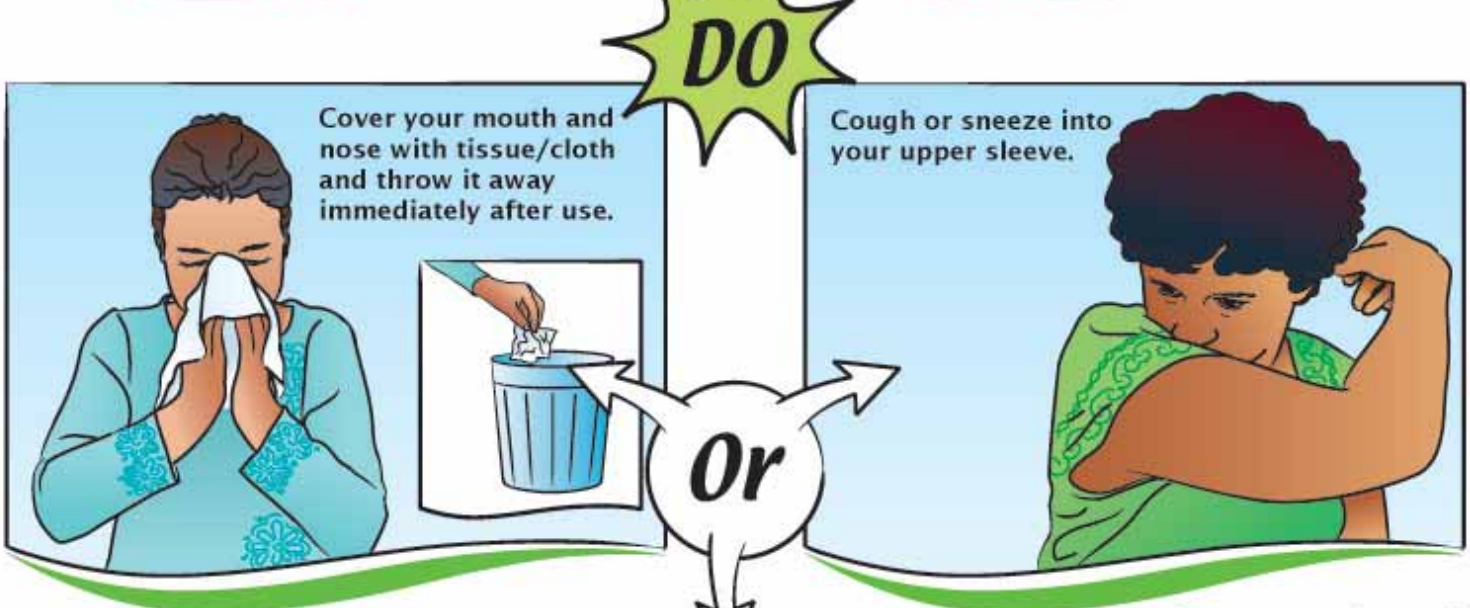


Cover your cough and sneeze



wash your hands often immediately after coughing or sneezing



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Beating H1N1 together

1. Wash



Wash your hands frequently and thoroughly with soap and water

2. Avoid



Avoid close contact with people coughing and sneezing

3. Cover



Cover your mouth when you cough or sneeze. Wash your hands with soap

4. Stay



Stay at home if you are sick.

5. Care



Give a sick person a separate space at home and assign a single caregiver. Monitor the patient regularly.

6. Breastfeed



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

7. Masks



If you are close to sick people, use a mask or cloth to cover your mouth or nose. Replace masks and cloths often for maximum protection

8. Recover



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

9. Seek



Seek medical attention only if the patient's condition worsens dramatically

10. Danger



Danger signs are: weakness, lethargy, unconsciousness, convulsions, very difficult/obstructed breathing or shortness of breath, inability to drink fluids, dehydration and fever

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