

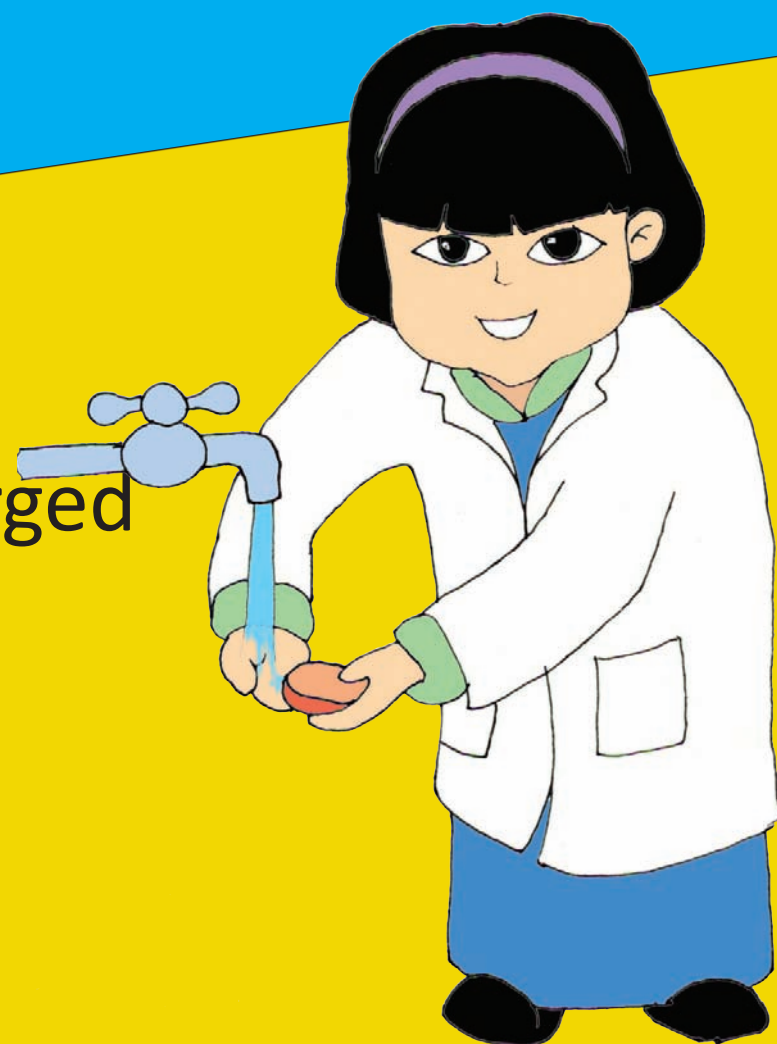
# What is H1N1?

This outbreak of H1N1 Flu can affect you & your family

Influenza A (H1N1) is a newly emerged virus that is circulating among us.

The virus is passed on through tiny droplets that travel through the air when an infected person coughs or sneezes.

If healthy people breathe in these droplets or touch hands or other surfaces which have been contaminated, they can become sick too.

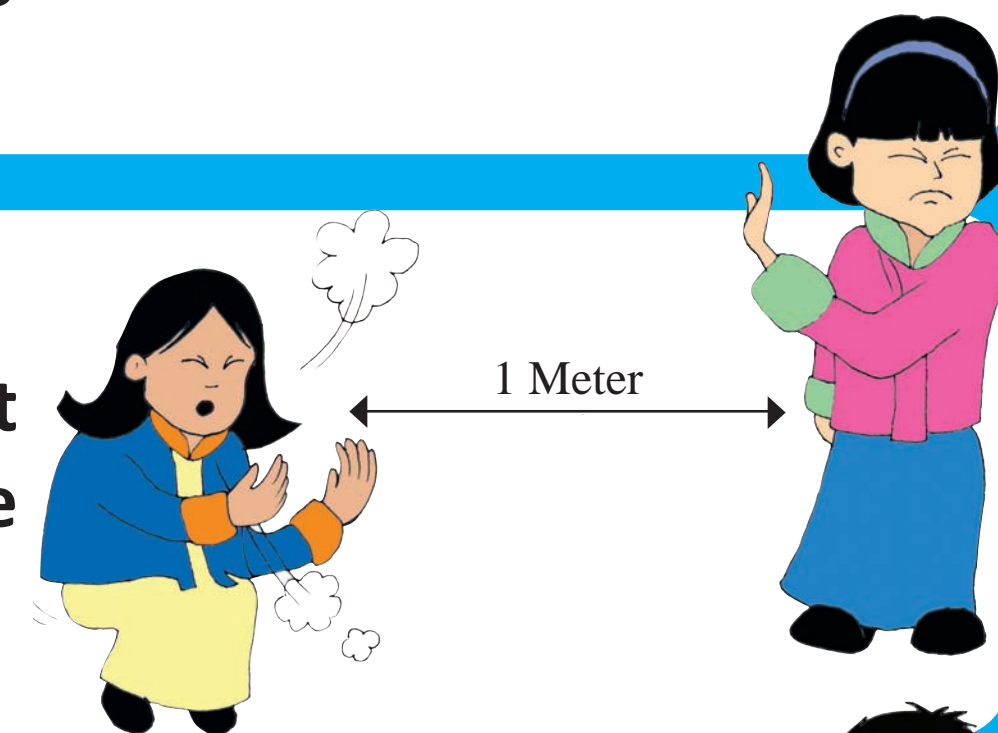


## 4 things you can do to prevent the spread of H1N1 pandemic flu.



**WASH** your hands often with soap and water, especially if you coughed or sneezed into them.

**AVOID** crowded places. Stay away at least 1 meter or about an arm's length from someone who is coughing and sneezing.



**Cover** your mouth with a handkerchief or the upper sleeve when you cough or sneeze. This is a safe way to prevent getting your hands contaminated from droplets travelling in the air.



**STAY HOME** if you have flu. Rest and drink lot of liquids to help you recover faster. Staying at home will slow the spread of the H1N1 virus.



unicef



Issued for public interest by the Ministry of Health and Ministry of Education with support from UNICEF. Printed @ KUENSEL Corporation Ltd