



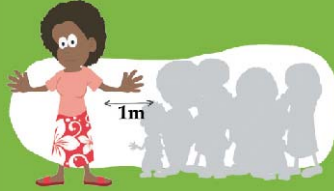
Beating FLU together

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 and 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: 0800 53 55 54



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