**FLU**

**Spread the message – Save lives**

**DO...**

- wash your hands
- stay more than one arm\'s length distance from persons sick with flu
- avoid crowded places
- eat nutritious food and drink plenty of water
- get plenty of sleep and rest
FLU

Spread the message – Save lives

DO NOT...

- shake hands or hug
- spit in public
- take medicines without consulting a physician

If you are sick, PLEASE

- cover your cough or sneeze
- stay home and limit contact with others as much as possible
- rest and take plenty of liquids
- seek medical advice