DO

Take rest if you feel ill, it has been shown to increase immunity to fight the virus better.
Cough or sneeze into your elbow or shoulder.
Wash your hands often with soap and water or use an alcohol based hand gel.
Avoid touching your eyes, nose or mouth.
Avoid crowded places.
Get plenty of sleep.

PROTECT YOURSELF FROM THE FLU

DO NOT

Shake hands or hug in greeting.

Contact with those who cough and sneeze as you can catch the air-borne virus. If the contact is necessary, make sure you use gloves and masks.