



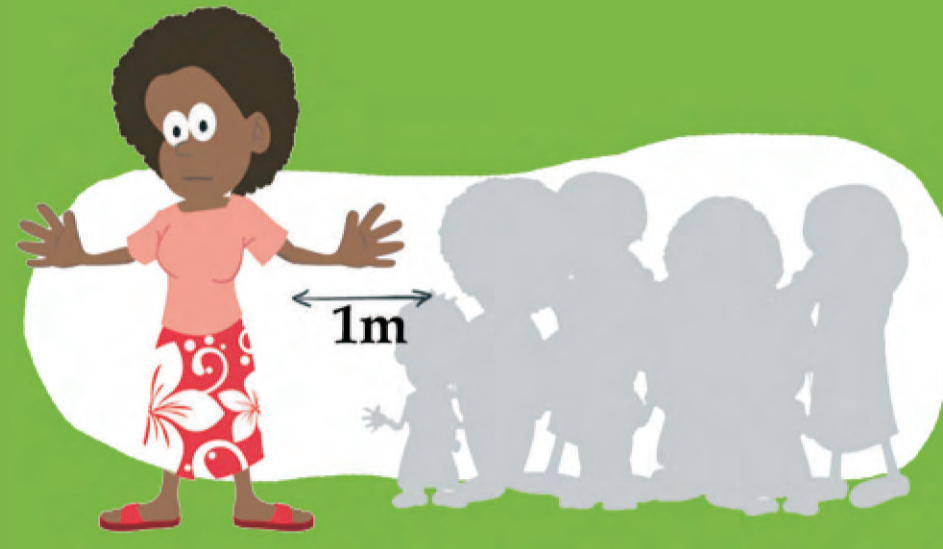
Beating FLU together

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 everyday; 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 breast-fed

8 Recover



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

9 High Risk



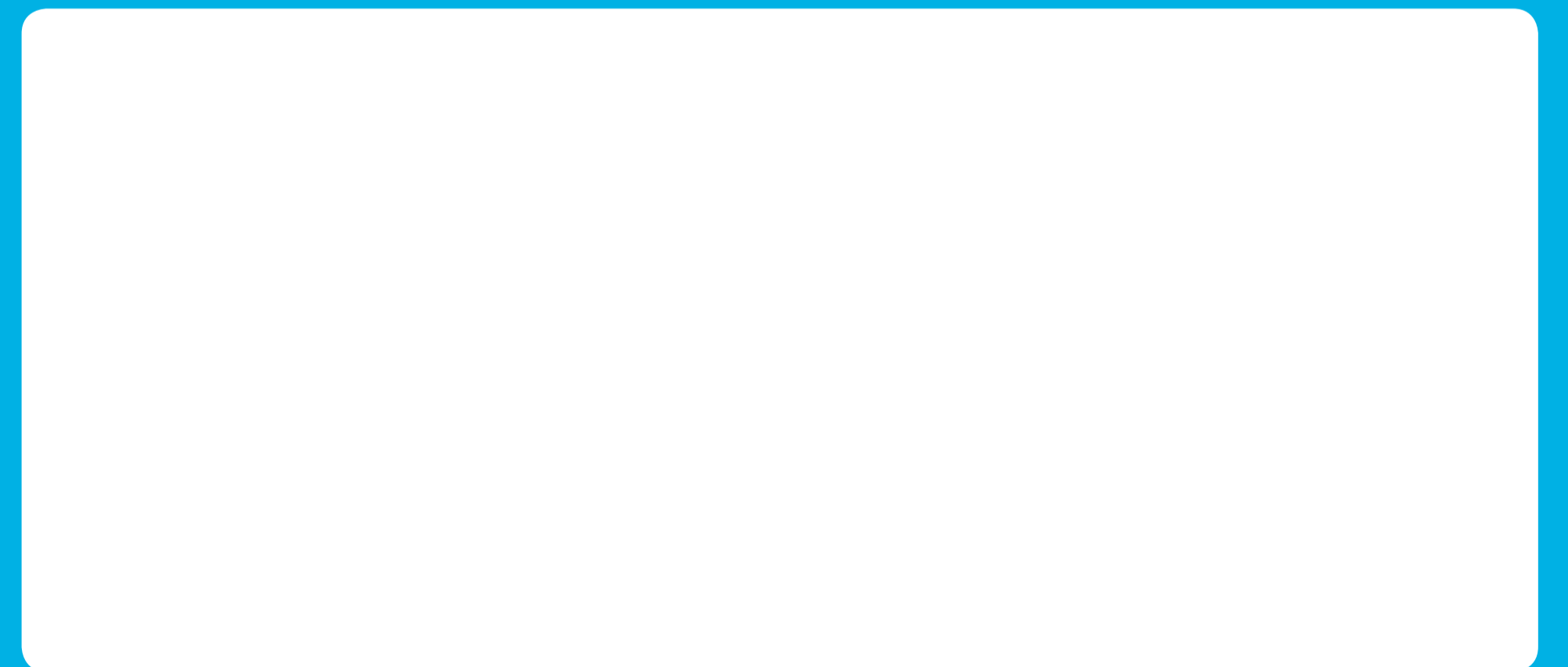
Persons with long-term illness like heart disease, lung disease, diabetes, HIV/AIDS, or pregnant women, should seek medical advice if they have flu

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 your nearest health facility



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health

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Health
REPUBLIC OF SOUTH AFRICA

Choose a healthy lifestyle