

# How to protect yourself and others



## Pandemic (H1N1) 2009



**Cover your nose and mouth with a disposable tissue, a clean handkerchief or your upper sleeve when coughing and sneezing**



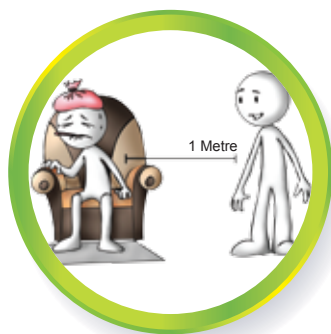
**Dispose of used tissues properly immediately after use**



**Regularly wash hands with soap and water**



**Watch out for the main influenza symptoms: high temperature (above 38°C), runny nose, cough, headache, muscle and joint pain**



**If you have influenza symptoms, keep a distance of at least 1 meter from other people**



**If you have influenza symptoms, stay home from work, school or crowded places**



**Avoid hugging, kissing and shaking hands when greeting**



**Avoid touching eyes, nose or mouth with unwashed hands**

**The vast majority of people infected with pandemic (H1N1) 2009 get better with no medical intervention**