



**SCHOOL HEALTH SCHEME
DIRECTORATE OF HEALTH SERVICES
HEALTH ADVISORY FOR SWINE FLU H1N1**



PROTECT YOURSELF AND YOUR FAMILY FROM SWINE FLU H1N1!

Be aware of the symptoms

- Fever and cough; sore throat; running and stuffy nose; difficulty in breathing and other symptoms body aches, fatigue, chills, diarrhea, vomiting, blood in sputum.

Do's

- Cover your mouth and nose with a handkerchief or tissue paper when you cough or sneeze.
- Trash the tissue after you use it.
- Wash your hands often with soap and water.
- Avoid touching your eyes nose or mouth
- Avoid crowded places; stay more than an arm length from persons afflicted with flu.
- Stay away from public places if you have fever, coughing & sneezing.
- Drink plenty of water, eat nutritious food.
- Sleep well.

Don't's

- Don't touch your mouth, nose, eyes after touching strangers and unknown surfaces.
- Don't touch yourself or others after sneezing or coughing.
- Avoid shaking hands or use other contact greetings.
- Don't spit in public.
- Don't take medicine without consulting the physician.

Important: The students suffering from any of the above symptoms may be advised to remain at home and consult the Doctor in nearby Dispensaries/ Hospital immediately.

Programme Branch, School Health Scheme

P.T.O.