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MINISTRY OF HEALTH & FAMILY WELFARE
GOVERNMENT OF INDIA

Influenza - A (H1N1) (swine flu) is a new influenza virus causing illness in people.

Take these every day steps to protect your self & your loved ones

- Cover your nose with a tissue or handkerchief when you cough or sneeze.
 - Wash your hands with soap and water frequently, especially after you cough or sneeze.
 - Avoid touching your eyes, nose or mouth.
 - Try to avoid close contact with sick people.
- ◆ Everyone **need not** use masks.
 - ◆ Everyone **does not** need testing
 - ◆ Everyone would **not need** hospitalization

Look for these symptoms		
■ Fever	Other symptoms may include	
■ Cough	■ Body aches	■ Chills
■ Sore Throat	■ Headache	■ Diarrhea
■ Runny or stuffy nose	■ Fatigue	■ Vomiting

People with certain chronic medical conditions like diabetes, hypertension, heart disease, asthma, bronchitis etc, adults 65 years or older, children younger than 5 years old and pregnant women may be at higher risk for severe illness.

- If you are sick with flu like illness go to a designated medical center/hospital.
- Stay at home for at least 24 hours after your fever has gone except to get medical care or other necessities. This means avoiding normal activities including work, school, travel, shopping, social events and public gatherings

The above **DO's & DON'Ts** are recommended by the World Health Organisation (WHO), Centre for Disease Prevention and Control, Atlanta(USA), Indian Scientists & Medical Experts.

THERE IS NO NEED TO PANIC