

## Spread the message – Save lives

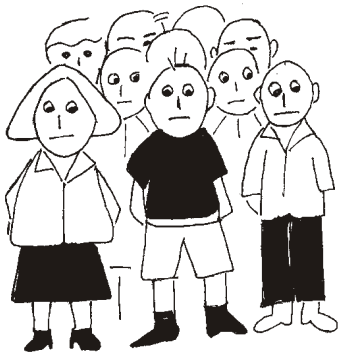
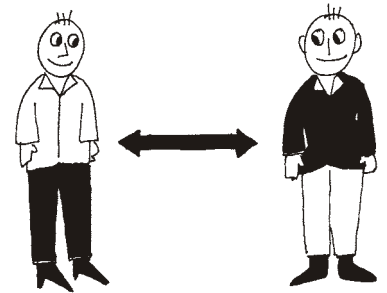
### DO...



- ⦿ wash your hands



- ⦿ stay more than one arm's length distance from persons sick with flu



- ⦿ avoid crowded places

- ⦿ eat nutritious food and drink plenty of water

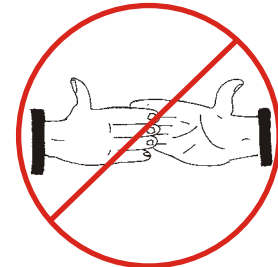


- ⦿ get plenty of sleep and rest

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### DO NOT...

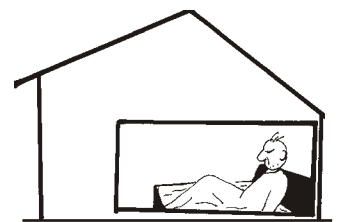
- ⊙ shake hands or hug
- ⊙ spit in public
- ⊙ take medicines without consulting a physician



### If you are sick, PLEASE



- ⊙ cover your cough or sneeze
- ⊙ stay home and limit contact with others as much as possible



- ⊙ rest and take plenty of liquids
- ⊙ seek medical advice

