

**Spread the message**

**Save lives**

## 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



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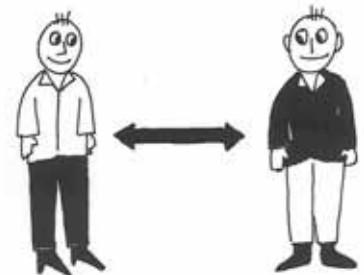
## DO...



- ① wash your hands



- ② stay more than one arm's length distance from persons sick with flu



- ③ avoid crowded places

- ④ eat nutritious food and drink plenty of water



- ⑤ get plenty of sleep and rest