Pandemic (H1N1) 2009

How to protect yourself and others

- Cover your nose and mouth with a disposable tissue when coughing and sneezing
- Regularly wash hands with soap and water
- Dispose of used tissues properly immediately after use
- If you have influenza-like symptoms, seek medical advice immediately
- If you have influenza-like symptoms, keep a distance of at least 1 metre from other people
- If you have influenza-like 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

www.euro.who.int/influenza