

## **Do's and Don'ts for Swine Flu**

### **Do's:-**

- Avoid close contact with an infected person.
- It is always recommended to cover your mouth and nose while coughing and sneezing.
- Wash your hands frequently with disinfectant soap and water.
- Extra care is needed for children.
- Get yourself checked in case of high fever and breathlessness.
- Drink Plenty of Water
- Get enough sleep

### **Don'ts:-**

- As the flu is now spreading by people-to-people to contact, avoid visiting closed and crowded places.
- Always ensure wearing a mask while going close to an infected person.
- Don't touch your mouth and nose before washing your hands properly.
- Keep your surroundings clean and don't forget to sanitize rooms or belongings that may have been used by patients with influenza symptoms.