



सत्यमेव जयते



# Swine flu (swine influenza A H1N1 virus)

## How to protect yourself and others Follow the three golden Cs



### Be Clean



Wash your hands regularly with soap and water



Dispose of used tissues in the waste bin immediately after use



Do not touch your eyes, nose and mouth. Wash your hands first

### Be Cautious



Tell your parents and teacher if you feel hot and shivery, are coughing and sneezing, and feel dizzy



Make sure you have a balanced diet and exercise daily



Do not go to places where there are many people if you don't have to during the influenza season

### Be Caring



Sneeze and cough into your upper sleeve, a clean handkerchief or a tissue



Keep a distance of 1 m from other people if you or others have influenza symptoms



Do not shake hands or hug people if you or others have influenza symptoms

## Contact nearest health facility in case of following Symptoms

Cough



Headache & Body Ache

Fatigue



Chills



Nausea

Sore Throat



Diarrhea

Vomiting



Fever

**Don't Panic, Just be Alert! Every flu is not Swine flu...**

For Enquiry, Contact: Jammu Division: 0191-2520982, 102

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Issued in Public Interest by:

# National Health Mission, J&K

(Health and Medical Education Department, Jammu and Kashmir)