



PREVENT THE FLU FROM SPREADING

1

PRACTISE GOOD PERSONAL HYGIENE

- Wash your hands thoroughly and often with soap and water.
- Sneeze or cough into a tissue.
- Wear a mask when you have the flu or common cold.

2

BE RESPONSIBLE

- If you have travelled to areas affected by Influenza A (H1N1) and have developed fever (temperature > 38°C), cough, sore throat or runny nose within 7 days of return, please call 993. If you are already at the clinic, please inform the clinic staff immediately.
- Provide your doctor with accurate information regarding your recent travels and contact with any persons suspected of having Influenza A (H1N1).
- See your family doctor if you are unwell. Rest at home till you are well.

3

LEAD A HEALTHY LIFESTYLE

- Eat a balanced diet with plenty of fruit and vegetables.
- Do 30 minutes of physical activity at least 5 days a week.
- Do not smoke.

For more information, visit www.moh.gov.sg or call HealthLine at 1800 223 1313.
Alternatively, you can SMS "BUG" to 38008 (M1 & StarHub Toll-free), or 8387 7901 (SingTel).