



# Beating FLU together

## ① Wash



Wash your hands often and well with soap and water

## ② Avoid



Avoid close contact with people coughing and sneezing

## ③ Cover



Cover your mouth when you cough or sneeze  
Throw your tissue away  
Wash your hands

## ④ Stay



Stay at home if you are sick. Do not go to school or work until you are better

## ⑤ Fresh Air



Get fresh air in your home every day; open doors and windows regularly

## ⑥ Care



Give a sick person a separate space at home and have a single caregiver. Check the patient regularly

## ⑦ Breastfeed



Mothers, even if sick, are the best carers for infants and young children who are still being breastfed

## ⑧ Recover



Persons with flu-like illness should take plenty of fluids and keep warm and dry

## ⑨ High Risk



Persons with long-term illness like heart disease, lung disease, diabetes, HIV/AIDS, or pregnant women, should seek medical advice if they have flu

## ⑩ Seek



Seek care if there are danger signs: shortness of breath, pain in chest, vomiting a lot, very weak, very high temperature, pale or blue lips, or drowsy

For further information contact your nearest health facility



health

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**Choose a healthy lifestyle**