

Do's and Don'ts for the Community

DO:

- * Wash your hands
- * Avoid crowded places
- * Stay more than an arm's length from persons afflicted with flu
- * Get plenty of sleep
- * Drink plenty of water and eat nutritious food

DO NOT:

- * Shake hands or hug in greeting
- * Spit in public
- * Take medicines without consulting a physician

For people who are sick:

- * Stay home and limit contacts with others as much as possible
- * Rest and take plenty of liquids
- * Cover your mouth and nose when you cough or sneeze
- * Seek medical advice if needed.