



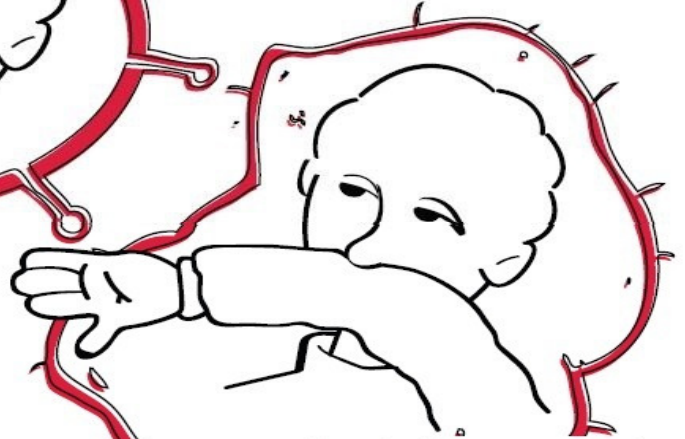
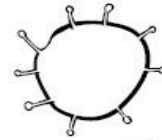
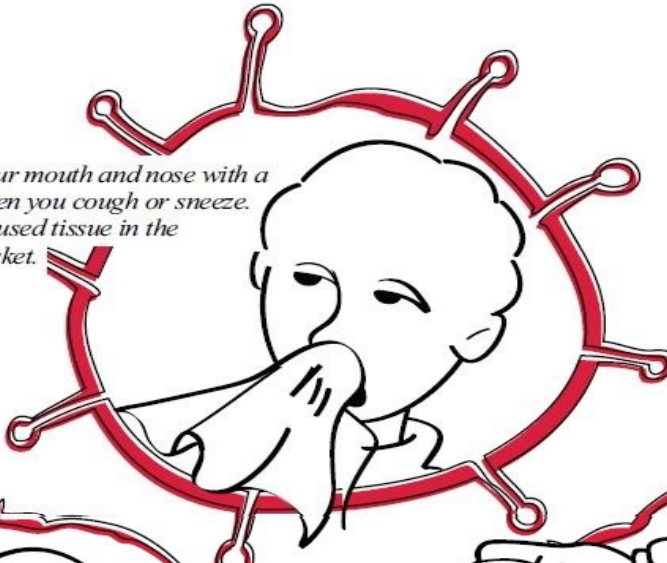
Public Notice For Awareness

It is our responsibility to prevent the spread of **Swine flu (H1N1)**

Cover your Cough

— Stop the spread of germs that can make you and others sick! —

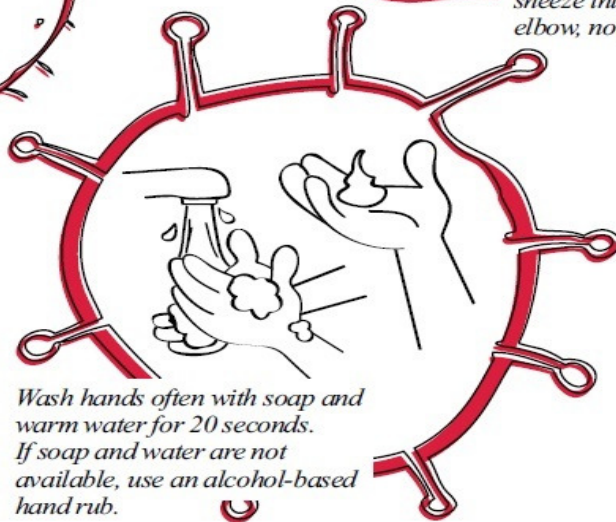
Cover your mouth and nose with a tissue when you cough or sneeze. Put your used tissue in the waste basket.



If you don't have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.



You may be asked to put on a facemask to protect others.



Wash hands often with soap and warm water for 20 seconds. If soap and water are not available, use an alcohol-based hand rub.

Issued in Public Interest by:

National Health Mission, J&K

(Health and Medical Education Department, Jammu and Kashmir)