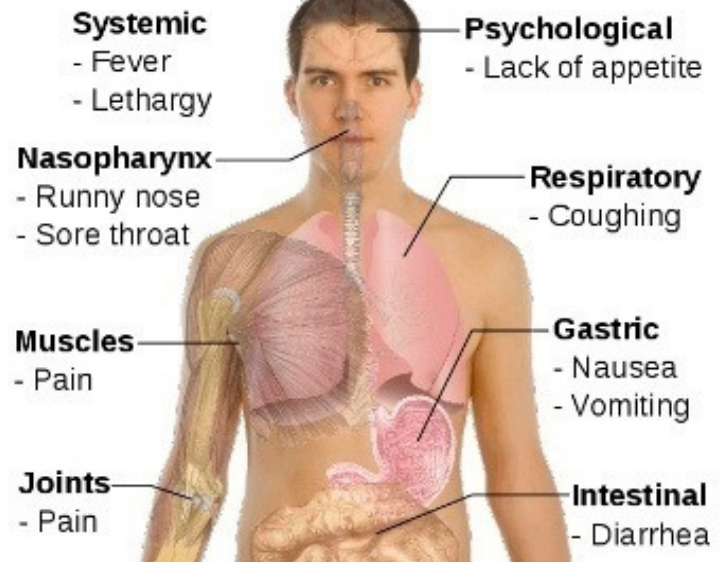




Public Notice For Awareness

Signs & Symptoms of Swine Flu (H1N1)

- Fever
- Cough
- Sore throat
- Body aches
- Headache
- Chills
- Fatigue
- Diarrhea
- Vomiting.
- Lack of appetite



It is our responsibility to control the spread of **H1N1 Flu**

Do's

- Cover your nose and mouth while coughing and sneezing with tissue paper (make sure you dispose it carefully) or handkerchief.
- Wash hands thoroughly with soap and water before and after touching the nose, eyes and mouth.
- Get adequate sleep and manage stress effectively. Keep physically active.
- Take rest and plenty of fluids. Eat nutritious food and enhance your immune system.
- Reduce time spent in crowded areas. Wear a mask and keep a distance of at least 1 meter from people having symptoms.

Dont's

- Don't shake hands or hug while greeting
- Don't take medicines without doctor's prescription
- Don't spit in public places
- Avoid going to crowded places
- Don't travel if you have the above Flu symptoms
- Don't send your child to school if they have the Flu symptoms

Issued in Public Interest by:

National Health Mission, J&K

(Health and Medical Education Department, Jammu and Kashmir)