

Our Responsibility to Control H1N1/ Seasonal Flu

H1N1/Seasonal Flu is a viral fever.
It can be cured by timely and specific treatment / intervention



Symptoms of H1N1/Seasonal Flu

• Fever • Headache • Sore throat • Runny or Stuffy Nose • Difficulty in breathing • Cough • Lethargy • Sometime Vomiting and Diarrhoea

If you observed the above symptoms in any person of your family or neighborhood, take them to the nearest hospital and get them treated.

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 to 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

- Avoid touching your eyes, Nose and mouth. Germs spread this way.
- 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

Flu Vaccine is the first and the most important step in protecting against flu viruses

Health Department Government of Khyber Pakhtunkhwa

