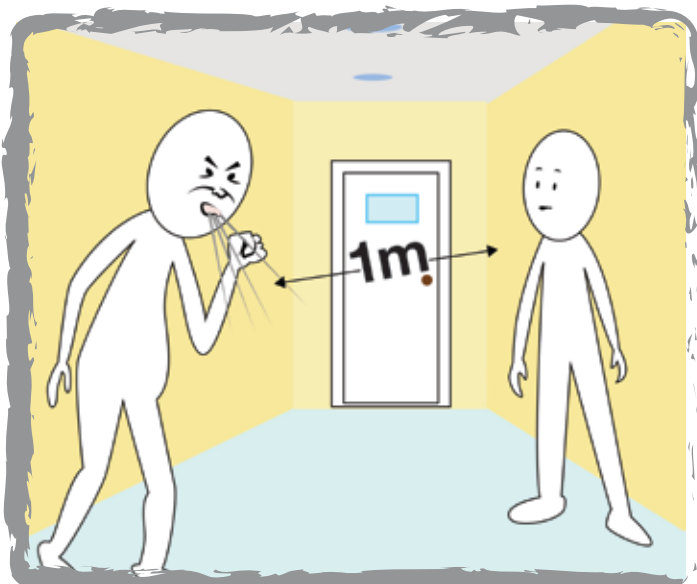




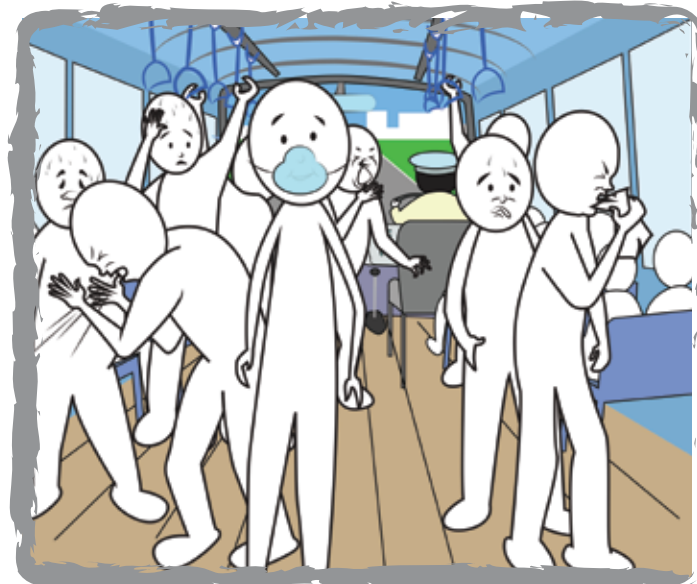
Simple actions can protect you from seasonal influenza

Seasonal influenza affects millions every winter.

Protect yourself and others



Avoid close contact with sick people



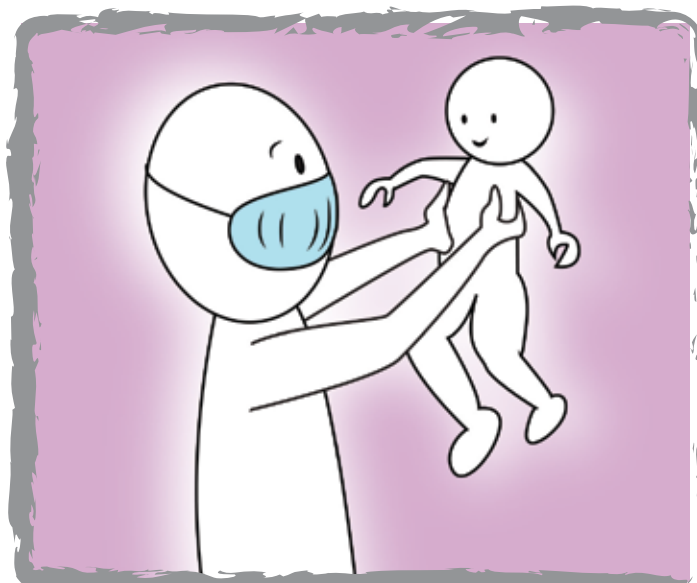
Wear a face mask in crowded places



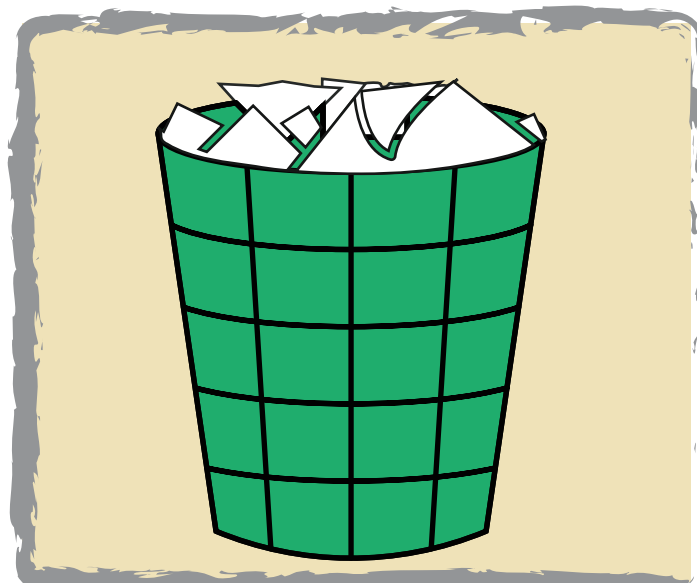
Cover your nose and mouth with a tissue when you cough or sneeze



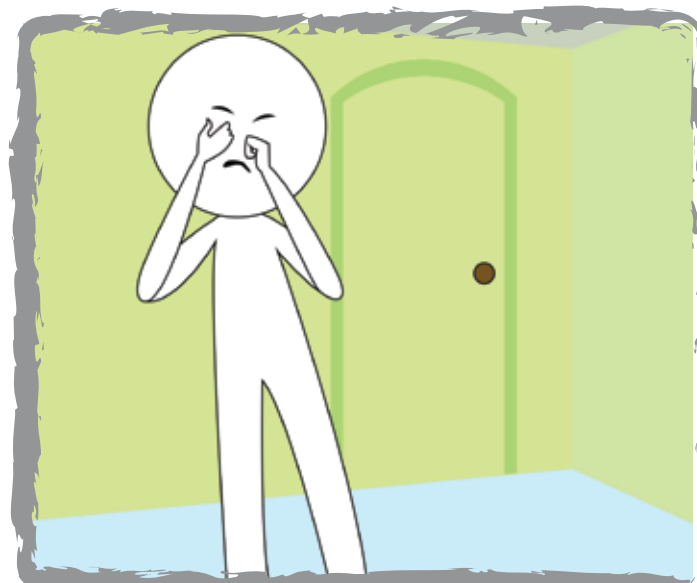
Wash your hands regularly with soap and water



People at high risk and those around them with influenza-like symptoms should take extra precautions



Throw away used tissues and disposable items in a rubbish bin



Avoid touching your eyes, nose or mouth with unwashed hands

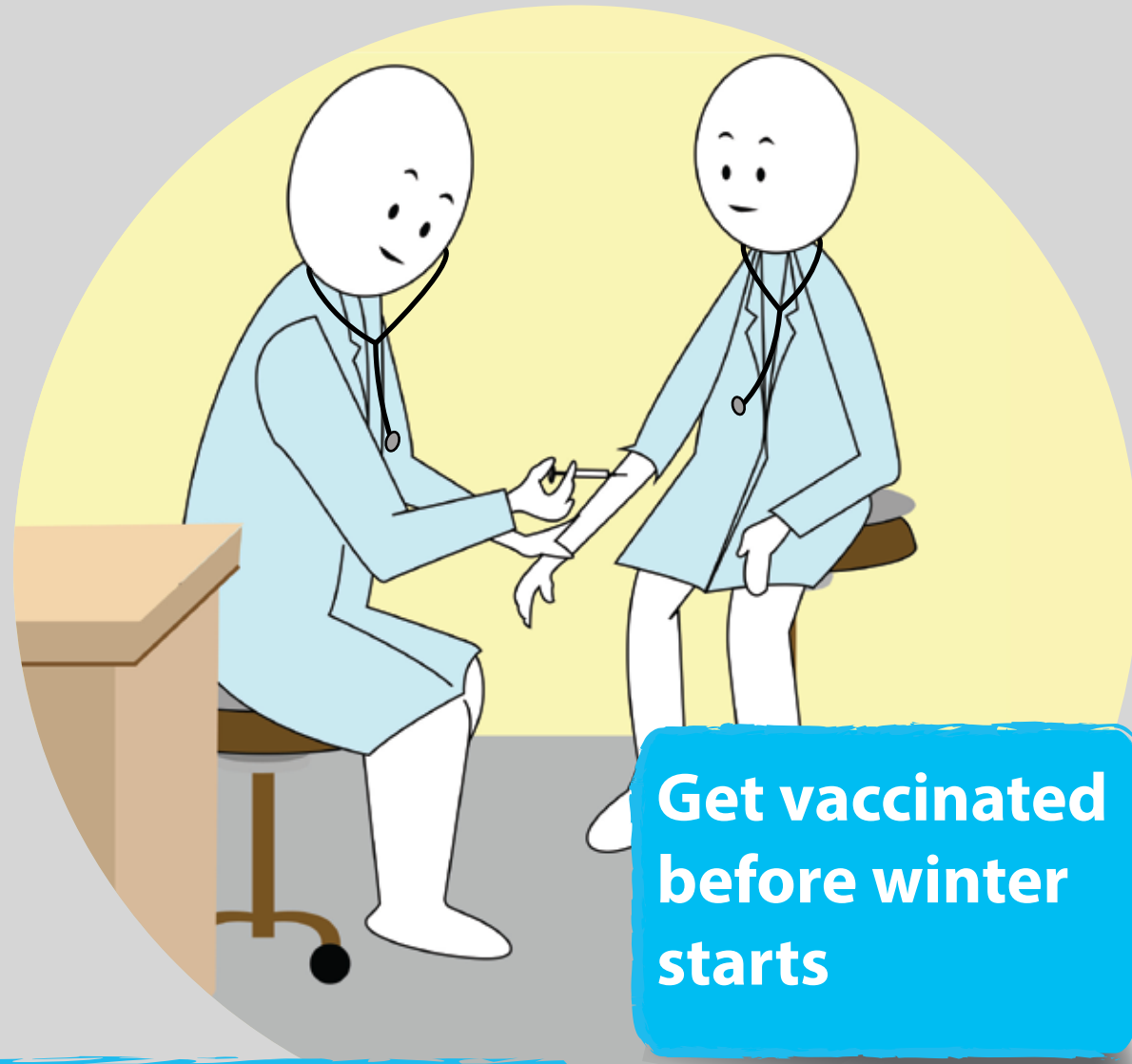


Stay home for at least 24 hours after your fever has gone





Health workers have a significantly higher risk of catching influenza



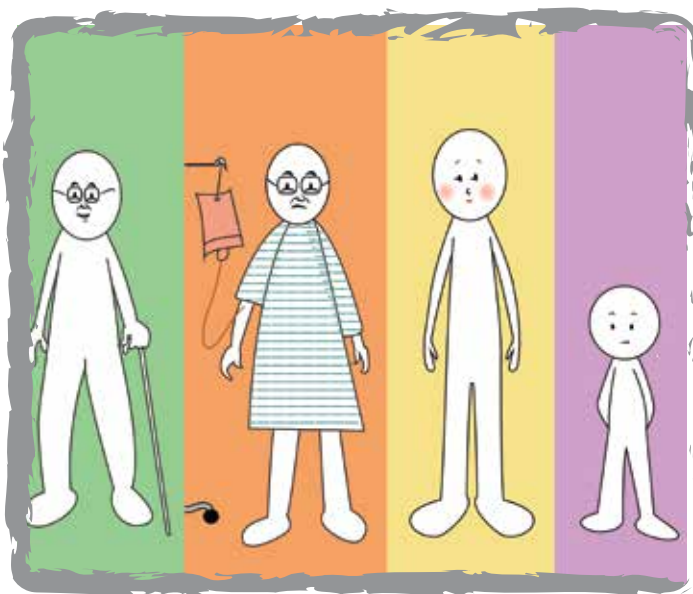
Get vaccinated before winter starts

Simple actions can protect you from seasonal influenza

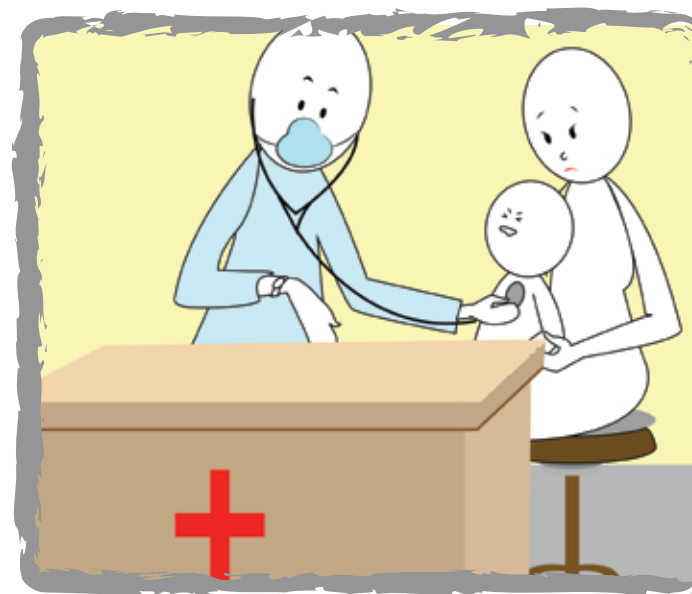
Protect yourself and others



Get vaccinated every year before winter



Recommend vaccination for high-risk patients



Always wear a face mask when caring for those who are already sick



Cover your nose and mouth with a tissue when you cough or sneeze

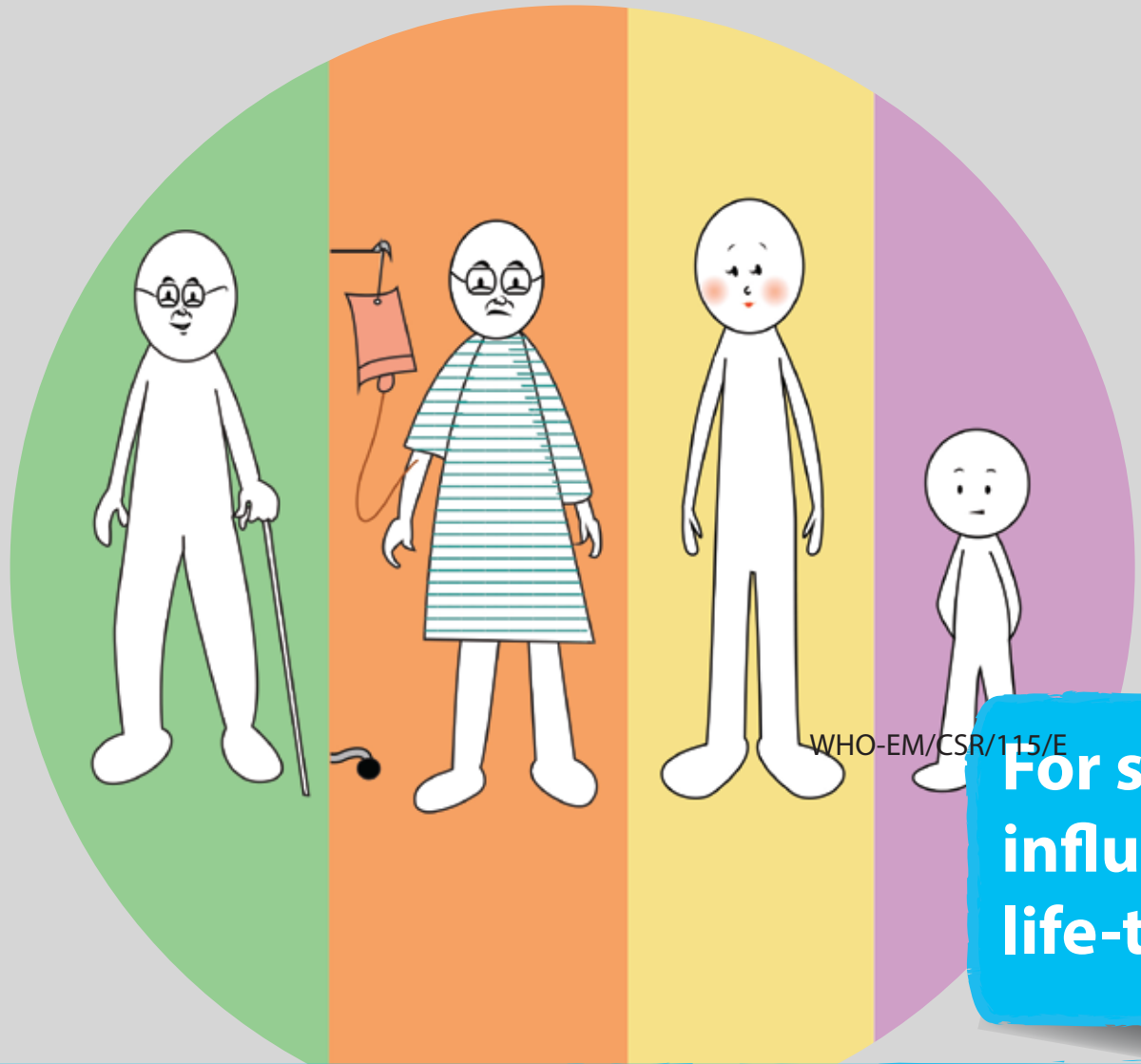


Wash your hands regularly with soap and water



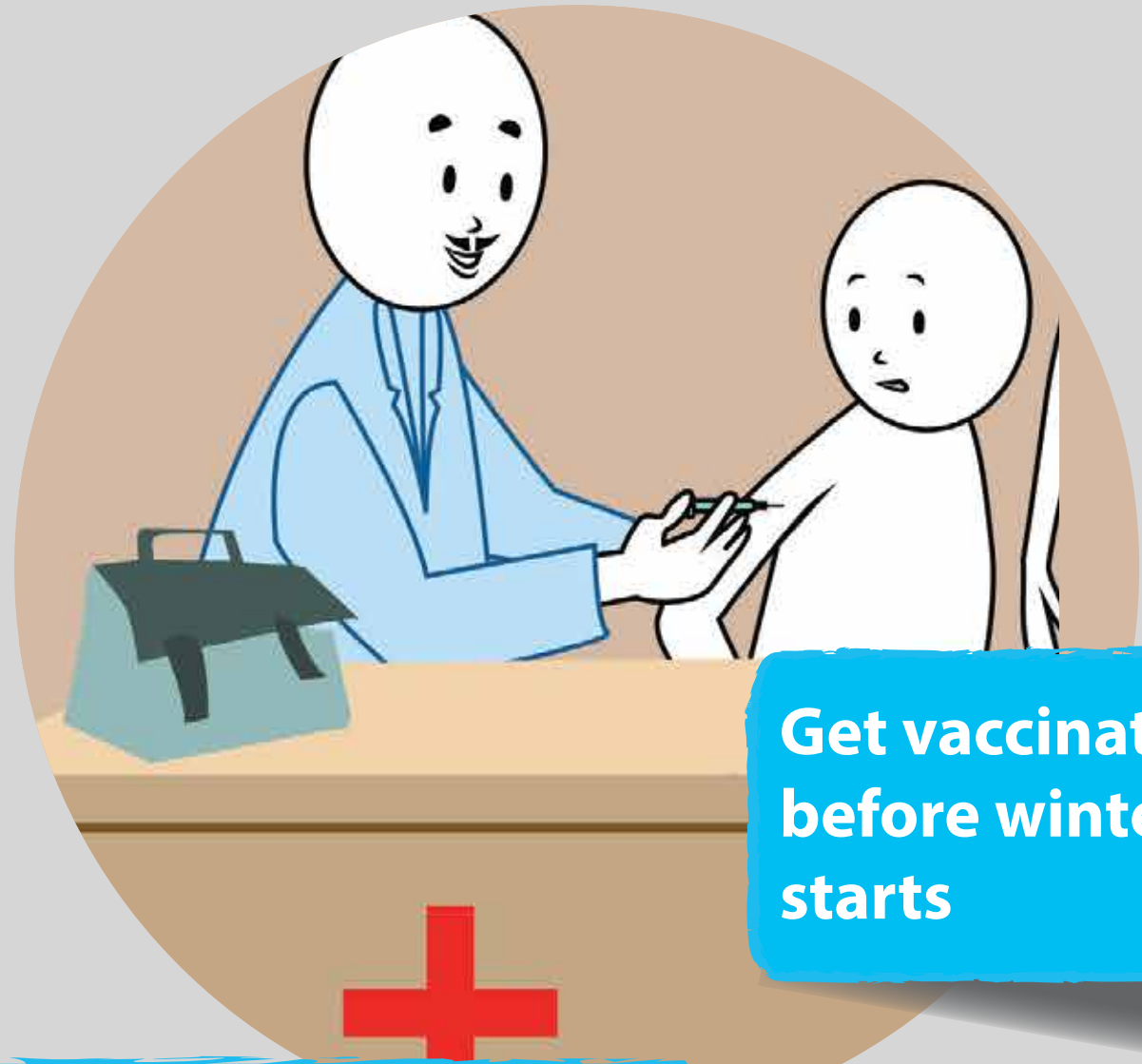
Stay home for at least 24 hours after your fever has gone





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For some influenza can be life-threatening

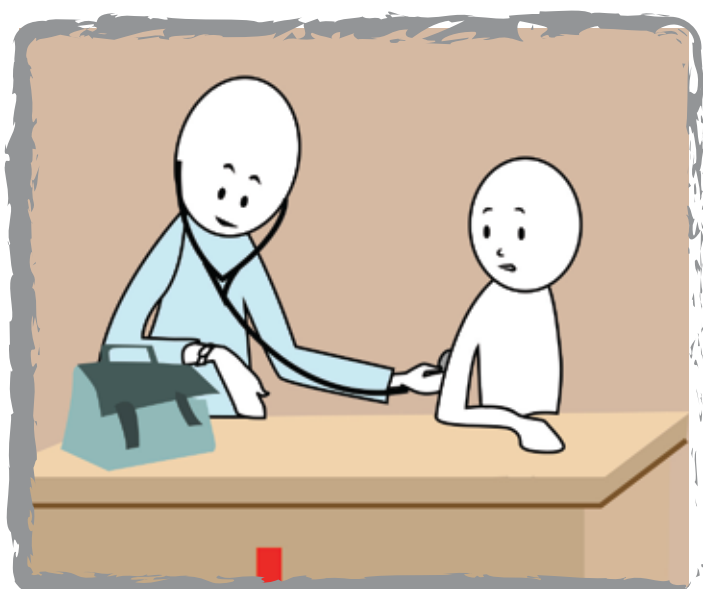


Get vaccinated before winter starts

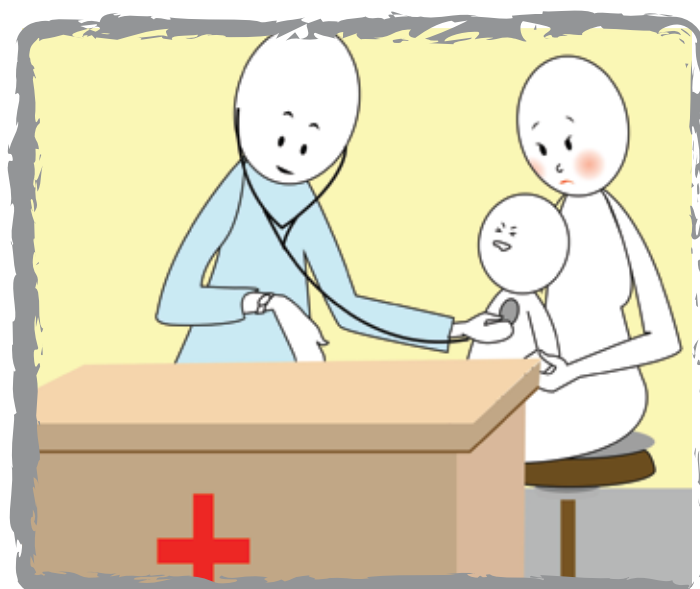
Simple actions can protect you and others from seasonal influenza

Every winter, young children, pregnant women, older people, and people with chronic health conditions like asthma, diabetes or heart and lung disease, are at high risk of catching influenza.

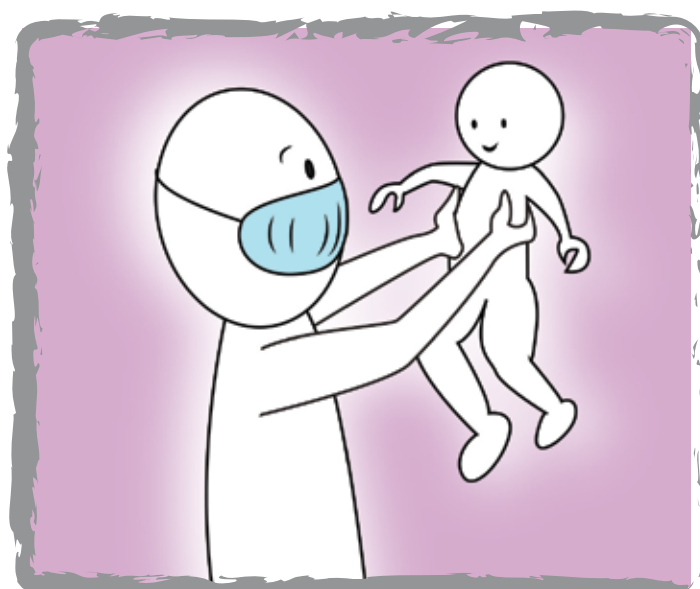
Protect yourself and others



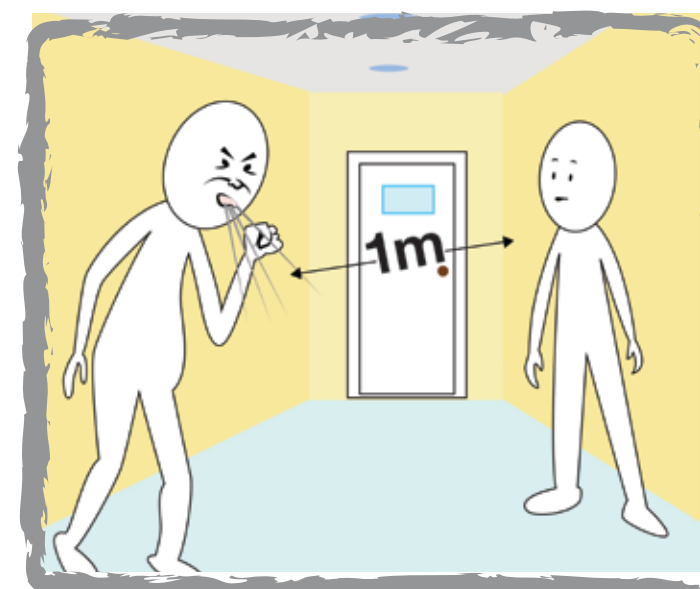
Get your influenza vaccine every year before winter



Consult a doctor immediately if you catch influenza



Take extra precautions around people with influenza-like symptoms



Avoid close contact with sick people



Cover your nose and mouth with a tissue when you cough or sneeze



Avoid touching eyes, nose or mouth with unwashed hands



Wash your hands regularly with soap and water



Stay home for at least 24 hours after your fever has gone

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