



BEATING FLU TOGETHER

Health Minister Dr Aaron Motsoaledi says:

Many diseases are spread through the air, for example H1N1 flu (Swine flu), tuberculosis (TB) and ordinary flu.

Protect yourself and others...



...cover your mouth and nose when you cough or sneeze,



...wash your hands often with soap and water,



...go to your local health facility if you feel sick and stay at home until you feel better.



FOR MORE INFORMATION GO TO YOUR NEAREST HEALTH FACILITY OR CALL THE H1N1 HOTLINE: 0861 364 232

CHOOSE A HEALTHY LIFESTYLE



health

Department:
Health
REPUBLIC OF SOUTH AFRICA