How to protect yourself and others

**Seasonal influenza**

- **Watch out for the main influenza symptoms:** high temperature (above 38°C), runny nose, cough, headache, muscle and joint pain.

- **Cover your nose and mouth with a disposable tissue, a clean handkerchief or your upper sleeve when coughing and sneezing.**

- **Dispose of used tissues properly immediately after use.**

- **Regularly wash hands with soap and water.**

- **Watch out for the main influenza symptoms:** high temperature (above 38°C), runny nose, cough, headache, muscle and joint pain.

- **If you have influenza symptoms, keep a distance of at least 1 m from other people.**

- **If you have influenza symptoms, stay home from work, school or crowded places until you get better.**

- **Avoid hugging, kissing and shaking hands when greeting during the influenza season, especially if you or others have influenza symptoms.**

- **Avoid touching eyes, nose or mouth with unwashed hands.**

**The vast majority of people infected with seasonal influenza get better with no medical intervention**

**Prevention is better than cure**

For more information: www.who.int/topics/influenza