

How to protect yourself and others



Seasonal influenza



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



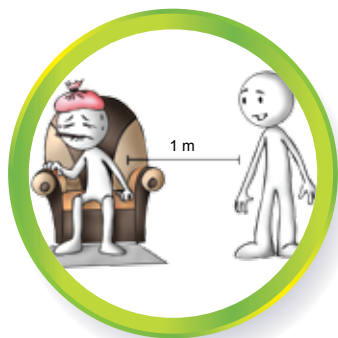
Dispose of used tissues properly immediately after use



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