How to protect yourself and others
Follow the three golden Cs

**Be Clean**
- Wash your hands regularly with soap and water
- Dispose of used tissues in the waste bin immediately after use
- Do not touch your eyes, nose and mouth. Wash your hands first

**Be Cautious**
- Tell your parents and teacher if you feel hot and shivery, are coughing and sneezing, and feel dizzy
- Make sure you have a balanced diet and exercise daily
- Do not go to places where there are many people if you don’t have to during the influenza season

**Be Caring**
- Sneeze and cough into your upper sleeve, a clean handkerchief or a tissue
- Keep a distance of 1 m from other people if you or others have influenza symptoms
- Do not shake hands or hug people if you or others have influenza symptoms

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