Seasonal influenza affects millions every winter.

Simple actions can protect you from seasonal influenza

Prevention of influenza is possible

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