



Information for the Public on

Influenza A(H1N1)

Preventing the spread of germs is the single most effective way to slow the spread of influenza or flu.

You should always:

- Use tissues to cover your mouth and nose when you cough or sneeze
- Place used tissues in a bin as soon as possible
- Ensure everyone washes their hands regularly with soap and water
- Clean surfaces regularly to get rid of germs

If you think you have flu, please avoid close contact with others, stay at home and seek medical advice by phoning your doctor or the Flu Information Line.

Symptoms include:

- Fever
- Sore throat
- Cough
- Runny nose
- Chills
- Headache and body aches

**Further information is available on
www.hse.ie or www.dohc.ie**

Flu Information Line

Freephone 1800 94 11 00

