

# Prevention is the best precaution

## Swine Flu

Do you know what to do to prevent Swine Flu? Before the onset of flu symptoms such as coughing, high temperature and feeling generally unwell, try to take precautions against Swine Flu. Follow these simple recommendations.



Cover your mouth and nose with a tissue when sneezing or coughing, and throw it away carefully.



Wash your hands regularly using soap and water.



Use the health services responsibly.

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