



Think you might have it?

How can you tell?

If you are ill:

- Inform parents and seek medical help
- Stay at home and rest as Doctor order
- Even if you are well, continue to monitor your health.

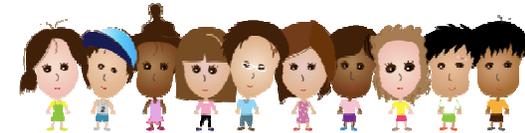
**Even if you have not travelled
but have flu-like symptoms**

- Go see a doctor and stay at home
- Keep away from others and keep up with good hygiene habits

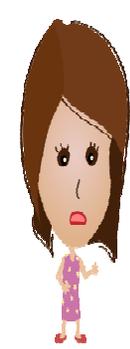
We can play our part to
slow down
the spread of H1N1 in
Kingdom of Bahrain



H1N1
Swine flu



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H1N1 type A influenza refers to a respiratory infection caused by influenza A viruses that ordinarily cause illness in pigs.

Ways of Transmission



through droplets from the nose and mouth of an infected person.



What are the symptoms of H1N1?

High fever (at or above 37.6°C)
Cough
Runny nose
Sore throat
Body ache
Headache
Tiredness
It is important that you **do not hide** any of these flu-like symptoms



if you come in contact with a **contaminated** surface or an infected person and you then touch your nose, mouth or eyes.



Who can I protect myself?

- Practice good personal hygiene
- Don't share personal items like towels and handkerchiefs
- Cough or sneeze into a tissue and dispose it appropriately
- Wash hands thoroughly with soap and water
- Keep good personal health
- Exercise regularly
- Have a balanced diet
- Rest well

