

Raising the awareness of Swine Flu, the following precautions are necessary:

- Keep hands clean and wash hands properly. Alcohol-based hand rub is also effective when hands are not visibly soiled.
- Avoid touching eyes, nose or mouth
- Wash hands with liquid soap promptly if they are dirtied by respiratory secretions, e.g. After sneezing or coughing
- Cover nose and mouth when sneezing or coughing.
- No spitting. Always wrap nasal and mouth discharges with tissue paper, and dispose of the tissue paper properly in a lidded rubbish bin.
- Wear mask when symptoms of respiratory tract infection or fever develop. Seek medical advice promptly.
- Refrain from work if develop symptoms of influenza.
- Travelling to the affected areas is not recommended.

For more information on Swine Flu, please visit World Health Organisation website, <http://www.who.int>