

# INFLUENZA A (SWINE FLU)

**Influenza A** is spreading around the world by people with the virus leaving Mexico and some parts of USA. **It can be dangerous and is now in New Zealand.**



## BE SAFE and DON'T PANIC

All whanau – Stay well:

- Wash hands with soap and dry properly
  - After toilet
  - Before eating
  - After shopping or public places (parks, movies, offices etc)
- Don't share drinks or food
- Eat healthy, sleep well, exercise
- **Keep away** from sick people

## Very important – keep hands clean all the time

- Use tissues when you cough or sneeze then put in rubbish
- Cover your mouth when you cough or sneeze then wash hands

## If you feel unwell:

- High fever – very hot
- Coughing
- Sore throat
- Sore body, sore head
- Tired, no energy

## STAY HOME and phone:

- Health Line 0800 611 116
- Flu Line 0800 358 5463
- or Your Doctor

**THEN →**



**Deaf whanau contact the above health agencies via TTY to Voice NZ Relay 0800 4711711**