



PROTECT YOURSELF, YOUR LOVED ONES AND THOSE AT RISK.

DO YOUR PART TO PREVENT THE SPREAD OF INFLUENZA A (H1N1) IN OUR COMMUNITY

Practise good personal hygiene at all times. If you are unwell with flu-like symptoms, visit your nearest Pandemic Preparedness Clinic (PPC) or polyclinic. Wear a surgical mask on your way to the clinic and on your way home.

BE SOCIALLY RESPONSIBLE. IF YOU FEEL UNWELL:

- Stay home and rest
- Do not go to work, school, shopping malls or social events
- Wear a surgical mask if you must go out and avoid crowded places
- Call 995 if symptoms worsen or if you experience difficulty in breathing

Stay vigilant and informed of current developments. For PPC locations, log on to www.moh.gov.sg or www.hpb.gov.sg. You can also sms CLINIC to 70550 (toll-free for M1 and StarHub only).

For more information, please call HealthLine at 1800 223 1313.



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