

# FLU

## How to protect yourself



When you cough or sneeze cover your nose and mouth with a tissue.



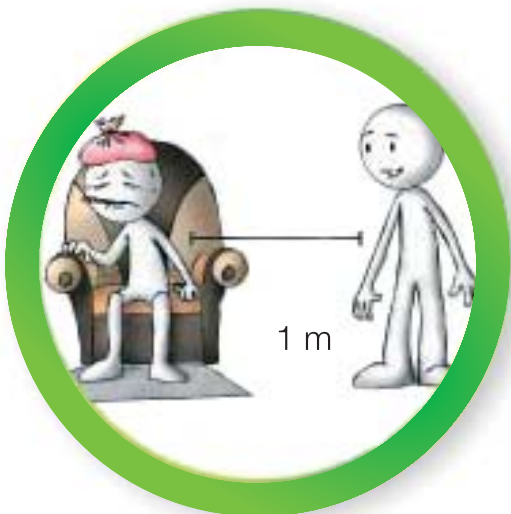
Bin the tissue after one use.



Wash your hands with soap and water often.



If you develop flu symptoms do not go to work, school or crowded areas.



If you develop flu symptoms stay at least 1m away from others.



If you develop flu symptoms and are pregnant or if you have a chronic illness go to your doctor.



When you meet people try not to hug, kiss or shake hands.



Do not touch your eyes, nose or mouth without washing your hands first.

### Flu information line

**900 G R I P E A**

**900 4 7 4 7 3 2**

Web <<http://www.euskadi.net/gripe>>



**EUSKO JAURLARITZA  
GOBIERNO VASCO**

OSASUN ETA KONTSUMO  
SAILA  
DEPARTAMENTO DE SANIDAD  
Y CONSUMO



**World Health  
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