

## **PRECAUTIONS TO AVOID SWINE FLU**

1. Wash your hands frequently:- Use the antibacterial soaps to cleanse your hands. Wash them often, at least 15 seconds and rinse with running water.
2. Get enough sleep:- Try to get 8 hours of good sleep every night to keep your immune system in top flu-fighting shape.
3. Drink sufficient water:- Drink 8 to 10 glasses of water each day to flush toxins from your system and maintain good moisture and mucous production in your sinuses.
4. Boost your immune system:- Keeping your body strong, nourished, and ready to fight infection is important in flu prevention. So stick with whole grains, colorful vegetables, and vitamin-rich fruits.
5. Keep informed:- The government is taking necessary steps to prevent the pandemic and periodically release guidelines to keep the pandemic away. Please make sure to keep up to date on the information and act in a calm manner.
6. Avoid alcohol :- Apart from being a mood depressant, alcohol is an immune suppressant that can actually decrease your resistance to viral infections like swine flu. So stay away from alcoholic drinks so that your immune system may be strong.
7. Be physically active:- Moderate exercise can support the immune system by increasing circulation and oxygenating the body. For example brisk walking for 30-40 minutes 3-4 times a week will significantly perk up your immunity.
8. Keep away from sick people Flu virus spreads:- when particles dispersed into the air through a cough or sneeze reach someone else nose. So if you have to be around someone who is sick, try to stay a few feet away from them and especially, avoid physical contact.
9. Know when to get help Consult your doctor if you have a cough and fever and follow their instructions, including taking medicine as prescribed.

10. Consult your nearest Govt. Hospital for immediate check up if any doubt.

**CHENNAI: Communicable Disease Hospital, 87, T.H. Road, Tondiarpet.**  
**Phone:** 25912686/87/88

**Chennai King Institute of Preventive Medicine (24/7 Service)**  
**Guindy, Chennai – 32.**  
**Phone:** 22501520, 22501521 & 22501522

**Government General Hospital, Opp. Central Railway Station,**  
**Chennai – 03**  
**Phone:** 25305000,25305723,25305721,25330300