

## HOW CAN I PROTECT MYSELF AND MY CHILDREN?

1. **Know the signs of flu.** The flu comes on suddenly. Its main symptoms are fever (high temperature), dry cough, sore throat, runny/blocked nose and headache.
2. **Use your phone.** If you or your child gets flu symptoms within 7 days of travel to an affected area, or within 7 days of contact with someone who has or is suspected of having Human Swine Flu, phone for health advice straight away. This is for your safety and the safety of people around you.  
In Tasmania, phone **1800 358 362 (1800 FLU DOC)**. It's a free call, including from mobile phones.
3. **Stay home.** If you or your child has flu symptoms, stay home and away from others until you are fully recovered. This is important for all types of flu.
4. **Keep your distance.** Try to stand back from other people at work and in public. Try to keep a distance of one metre, or a very large step.
5. **Always cover your cough or sneeze.** Cover coughs and sneezes with a tissue or even your arm, rather than your hands which can easily spread germs. Put dirty tissues in the rubbish straight away. (Don't keep the flu in your pocket).
6. **Always wash your hands** with soap and water (or an alcohol-based hand rub) before touching your mouth, nose, eyes or anything that goes in your mouth. (Your hands could have picked up the flu virus from something you touched).

