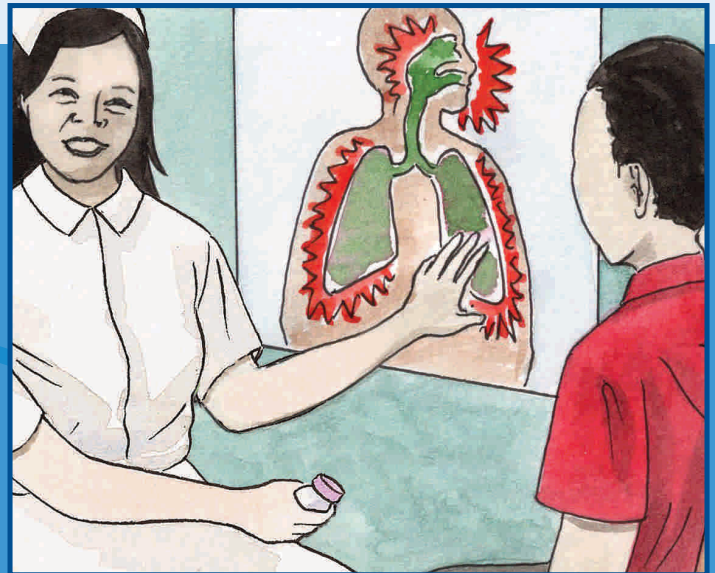


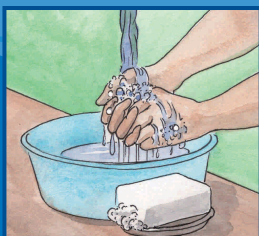
Protect yourself from H1N1 pandemic flu

GET VACCINATED

- People with some illnesses can get very sick if they get H1N1 pandemic flu.
- The Ministry of Health recommends the new H1N1 flu vaccine for people who have long-term illnesses.
- If you have an illness like **HIV, cancer, diabetes or breathing problems**, get vaccinated as soon as the vaccine is available. It will protect you from the H1N1 pandemic flu.
- This vaccine is effective and safe and has been used in millions of people. Your arm may feel sore for 1 or 2 days. Tell us if you notice other problems.



Tell your family about how they can protect themselves from flu.
Wash your hands often and keep away from people who are sick.



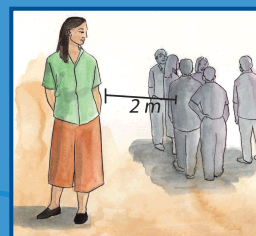
CLEAN

Wash your hands with soap and water before preparing food or after you cough or sneeze.



COVER

Cough or Sneeze into the crook of your elbow.



DISTANCE

Keep a safe distance from sick people.