



MANATŪ HAUORA

Influenza A (H1N1) Swine Flu

As the virus spreads around the world, the chance of widespread community transmission in New Zealand is increasing. There are some simple measures to help keep you and your family safe.

Practice the basic rules to reduce the risk of infection:

1. Cover coughs and sneezes
2. Wash hands with soap and water, and dry thoroughly
3. If you are sick, stay away from work and school

If you get sick and think it may be influenza, you should phone Healthline on 0800 611 116, or your doctor.

Symptoms of influenza include:

- Fever and chills
- Headache and a sore throat
- A sore chest
- Coughing or sneezing
- Body aches and pains
- Extreme tiredness

Free health advice
when you need it



Healthline
0800 611 116

For more information, go to
www.moh.govt.nz