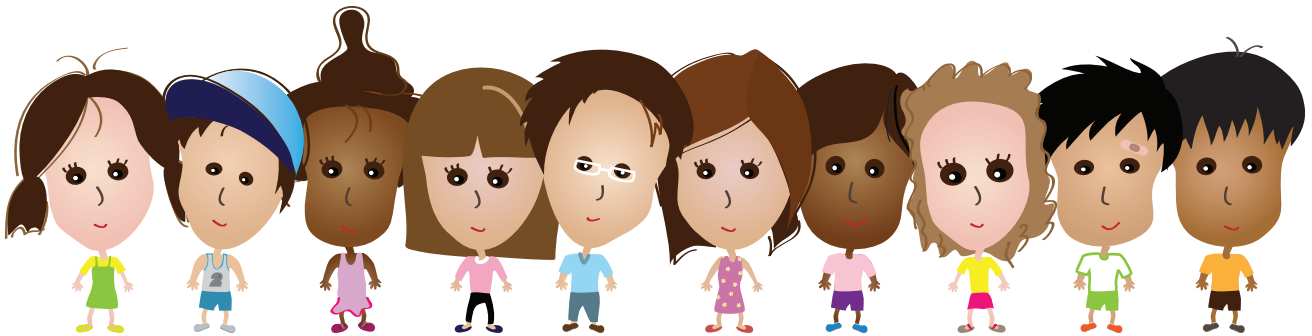


# H1N1

Do my part and  
be the responsible **one**.



## Personal Health

- ✓ Exercise regularly.
- ✓ Have a balanced diet.
- ✓ Rest well and build up immunity.

## Personal Hygiene

- ✓ Wash hands regularly.
- ✓ Cough or sneeze into a tissue and dispose of it appropriately.
- ✓ Do not share food or other personal belongings.

## Social Responsibility

- ✓ Monitor my health daily.
- ✓ If unwell, seek medical help and stay at home.
- ✓ Keep the environment clean.

## Social Distancing

- ✓ Avoid crowded places.
- ✓ Avoid or cancel unnecessary gatherings.
- ✓ Avoid physical contact.

