

STOP INFLUENZA

Wash your hands thoroughly with soap and water or a sanitizer gel

- ✓ when arriving home or at school, day care and work
- ✓ before eating
- ✓ after using the toilet
- ✓ after coughing or sneezing

When you cough or sneeze

- ✓ use clean tissues or your upper sleeve to cover your mouth and nose
- ✓ bin the tissues immediately after using

Common symptoms

- ✓ sudden fever
- ✓ sore throat, cough and runny nose
- ✓ may also include headache, aching muscles, chills and tiredness
- ✓ flu usually clears up after a week's convalescing at home

www.thl.fi



NATIONAL INSTITUTE
FOR HEALTH AND WELFARE



MINISTRY OF
SOCIAL AFFAIRS AND HEALTH