

# Influenza Pandemic

## Worldwide disease outbreak

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- Stay home if you are sick and keep away from other people. Avoid visitors
- Wash and dry your hands after coughing, sneezing, using the bathroom, wiping children's noses and when looking after sick people, and before handling food
- Use tissues to cover coughs and sneezes. Throw used tissues in the rubbish bin
- Give fluids to people who have a fever and/or diarrhoea
- Ventilation. Keep windows open if possible



For more information, see the Ministry of Health website:  
[www.moh.govt.nz/pandemicinfluenza](http://www.moh.govt.nz/pandemicinfluenza)

From the Office of the Director of Public Health