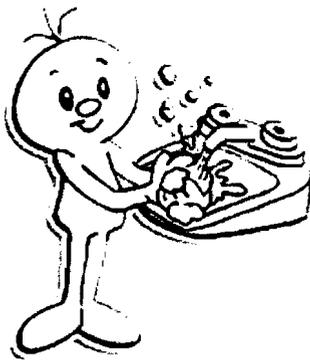


TO PROTECT YOURSELF FROM H1N1 INFLUENZA (SWINE FLU)

1 Strengthen your hygiene habits:

- Wash your hands frequently with soap and water (preferably liquid) or use alcohol wipes or gels. *The alcohol kills germs!*
- Cover your mouth when you cough and sneeze into a tissue or into the sleeve of your garment near the elbow.
- Throw the tissue immediately into the trash and wash your hands.

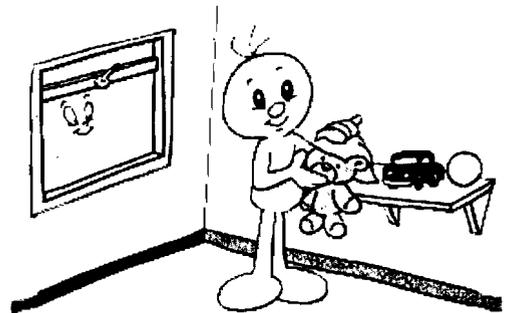


2 At home:

- Ventilate your home and let in the sun.
- Keep clean the kitchen and bathroom counters, door handles and railings, as well as toys, telephones, computer keyboards and objects of common use.
- Wash the dishes and household items with soap and water.

3 Avoid:

- Greeting by handshake or kiss.
- Contact with sick people.
- Going to crowded places.
- Sharing food, beverages, plates, cups and cutlery



Wash your hands

before:

- - Preparing or eating any food
- - Caring for the sick
- - Treating a wound
- - Using a computer

after:

- Going to the bathroom
- Coughing or sneezing or blowing your nose
- Visiting or attending to a sick person
- Using public transport
- Touching raw meat (fish, meat and chicken)
- Handling garbage or diapers
- Touching objects not rigorously clean such as money, phone or keys

If you have any questions or require additional information:

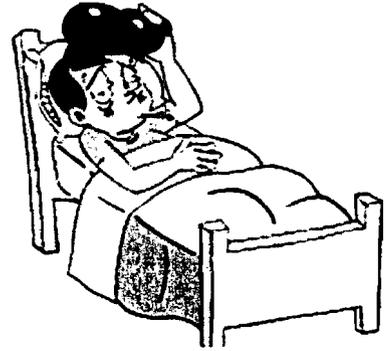
English: 1-877-724-3258

Spanish: 1-215-922-4262 Ext. 470 o Ext. 510

INFLUENZA H1N1 SYMPTOMS (Swine flu)

You must be alert if someone in your family has the following symptoms:

- Fever above 38 degrees Celsius or 100 degrees Fahrenheit
- General malaise and body aches
- Headache
- Muscle and joint pain
- Cough
- Nasal drip
- Irritated eyes
- Sore throat
- Diarrhea may occur
- Sudden onset of symptoms



If these symptoms occur, you should consult a doctor or health clinic or call:

1-877-724-3258

To speak to someone in Spanish call: 1-215-922-4262 Ext. 470 or Ext. 510

No one will be refused service.

Your situation and information will remain confidential.

Remember:

- Wash your hands frequently with soap and water (preferably liquid) or use alcohol wipes or gels.
- Cover your mouth when you cough and sneeze with a tissue or into your sleeve near the elbow.
- Throw the tissue immediately into the trash and wash your hands.
- Do not greet with handshakes or kisses
- Do not go to crowded places.
- Do not share food, beverages, dishes, cups and cutlery.
- Keep clean the kitchen and bathroom counters, door handles and railings, as well as toys, telephones, computer keyboards and objects of common use.

