

## What to do in case of influenza

Date: \_\_\_\_\_

I. Read the manual to prevent the influenza and match the pictures (cutouts) with the instructions.

What can I do to protect myself from catching pandemic (H1N1)?

You can prevent getting infected by taking the following **measures**:

PICTURE	<b>Keeping your distance</b> from people who show <b>symptoms</b> of influenza like illness, such as coughing and sneezing.
PICTURE	<b>Clean hands</b> thoroughly with <b>soap</b> and <b>water</b> .
PICTURE	<b>Avoid touching</b> your mouth, nose and eyes as much as possible.
PICTURE	<b>Reduce the time</b> spent in <b>crowded places</b> if possible.
PICTURE	Practice <b>good health habits</b> (including adequate sleep, eating nutritious <b>food</b> , and keeping physically active).
PICTURE	<b>Getting yourself vaccinated</b> against the pandemic influenza.

II. Match the instructions without changing the meaning of the first sentence.

A. **Keeping your distance** from people who show symptoms of influenza.

B. **Have a** nutritious meal.

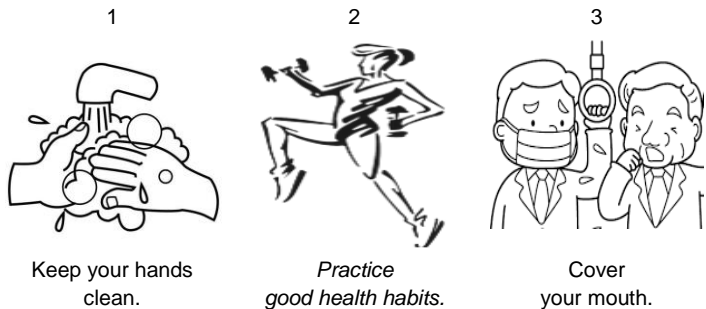
C. **Avoid touching** your mouth, nose and eyes.

D. **Reduce the time** spent in crowded places.

- ( ) **Do not touch** your face.
- ( ) **Stay away from** sick people.
- ( ) **Eat** healthy food: vegetables and fruits.
- ( ) **Don't go** to movie theaters.

III. What to do or not to do in case of influeza?

Rewrite the measures without changing the meaning.



1. Wash your hands
2. \_\_\_\_\_
3. \_\_\_\_\_

