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Ministry of Health Malaysia

Hotlines: 03-8881 0200 / 0300

(Mon-Fri : 8am till 5:30pm)

<http://h1n1.moh.gov.my>

Because I Care...

- > If you have *Influenza-like illness (ILI)*, seek treatment immediately and follow the doctor's advice:
 - a) Rest at home till you are recovered
 - b) Avoid close contact with others especially those who are in the high risk group
 - c) Wear a mask if you have to go to public places

- > Keep a distance of a minimum of 1 meter from people who show symptoms of *ILI*



"H1N1 is not to be shared"

