

ARE YOU OBESE?

You Have High Risk

- > See a doctor immediately if you have symptoms of *Influenza-like illness (ILI)*
- > High risk group of getting complications must:
 - Wash hand frequently with soap and water or hand sanitizers
 - 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*



This message is brought to you by: **Ministry of Health Malaysia** Hotlines: 03-8881 0200 / 0300 (Mon-Fri : 8am till 5:30pm) <http://h1n1.moh.gov.my>

