

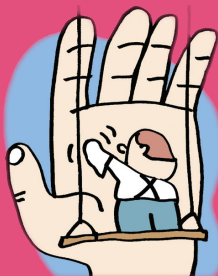
# PANDEMIC FLU

## ACT RESPONSIBLY!

**If you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone.**

Symptoms of flu include fever, chills, cough, sore throat, headache, extreme tiredness, dry cough, runny or stuffy nose, muscle aches, vomiting, sometimes diarrhea

**Always cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.**



**Wash your hands often with soap and water.**

Use alcohol-based hand cleaners if you don't have immediate access to soap and water.

**Get the seasonal flu vaccine**

**When it becomes available, get the pandemic H1N1 flu vaccine, if you are at higher risk for flu complications** (a list of priority groups is available at <http://www.nyc.gov/html/doh/html/flu/flu.shtm>)

**Learn about the flu and what you can do by visiting these websites:**

[www.un.org/staff/pandemic](http://www.un.org/staff/pandemic)  
[www.nyc.gov/flu](http://www.nyc.gov/flu)  
[www.flu.gov](http://www.flu.gov)

**If you have more questions, please email [flupandemic@un.org](mailto:flupandemic@un.org)**



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