

Cultivate Good Habits

Prevent Influenza/Novel Influenza A

How to protect yourself against influenza?
Check out the tips below!



**Wear a face mask
when sick.**



**Wash hands with soap
and water frequently.**



**Maintain hand
hygiene.**



**Eat a healthy and
balanced diet.**



**Exercise to boost
the immune system.**



**Rest at home
when sick.**



**Avoid touching nose
and mouth with hands.**

Triage Assessment



- Patients with influenza-like illness are advised to seek medical attention at a nearby clinic.
- If signs of severe complications such as breathing difficulty, cyanosis, or change of consciousness develop, please seek immediate medical attention at a large hospital.



TAIWAN CDC



www.cdc.gov.tw



Follow Us on
Facebook
www.facebook.com/TWCDC

Communicable Disease Reporting : **1922**
and Consultation Hotline

1922