



**COVERING** | Cover your nose and mouth when coughing or sneezing



**DISPOSING** | Dispose of dirty tissues promptly and carefully



**WASHING** | Wash hands frequently to reduce the spread of the virus



**CLEANING** | Clean hard surfaces frequently using a normal cleaning product



**KIDS** | Make sure your children follow this basic advice



**PORK** | You cannot get swine flu by eating pork meat

**1** The virus enters body through mouth and nose

**2** The virus then moves into the airways and the lungs

**3** It attacks cells that line the respiratory tract, replicating itself inside each cell until the cell dies, releasing more of the virus into the body

**4** The patient's immune system starts to hunt out and clear the virus from the body, leading to a recovery

**5** But if too many cells in the lungs are destroyed, the patient will die