A man advises a girl to hold a hand to her mouth as she sneezes: protecting against avian flu in Kenya. Colour lithograph by UNICEF and Longman, ca. 2000.

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Cover your mouth while coughing or sneezing and wash your hands afterwards with soap and clean water. This helps to prevent the spread of infections.



Avian influenza (bird flu) is a highly contagious disease that affects poultry. The best way to protect yourself is by improving personal hygiene. For more information contact:

UNICEF-ESARO Programme Communication Office, P.O. Box 44145-00100 Nairobi, Kenya Tel. +254 020 7622183/7622219 E-mail: sara.esaro@unicef.org Maskew Miller Langman, P.O. Box 396, Cape Town 8000, South Africa Tel. +27 021 532 6000 E-mail: Sara-Programme@mml.co.za

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