

How To Protect Yourself From The Swine Flu

- Constantly check the [Swine Flu Map](#) for close area outbreaks
- Buy a first aid Swine flu kit
- Stock up on [Surgical mask](#) in bulk numbers
- Get your flu vaccine updated ASAP
- Be aware of the signs and swine flu symptom
- Purchase and stock up on [Tamiflu](#)
- Watch and read the news for new cases and updates

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