



Coughs and sneezes spread diseases



Catch it

Germs spread easily.
Always carry tissues
and use them to catch
your cough or sneeze.



Bin it

Germs can live for
several hours on
tissues. Dispose
of your tissue
straight away.



Kill it

Hands can transfer germs
to every surface you
touch. Wash your hands
thoroughly - especially
after you cough, sneeze
or blow your nose.



If you or your family are at an increased risk
of getting flu, see your GP now about having
the vaccination.