

COUGHS & SNEEZES SPREAD DISEASES

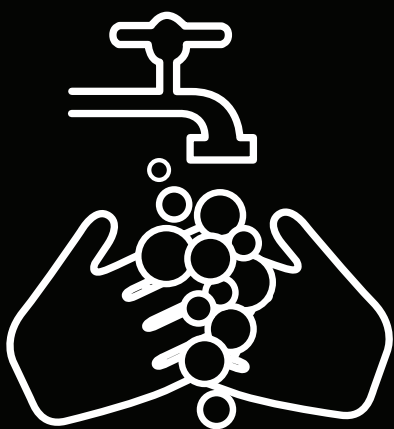


CATCH IT

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.

Get vaccinated to reduce your risk of flu. Speak to your GP now.

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