

FLU

How to protect yourself?

1
When you cough or sneeze cover your nose and mouth with a tissue.

2
Bin the tissue after one use.

3
Wash your hands with soap and water often.

4
If you develop flu symptoms do not go to work, school or crowded areas.

5
If you develop flu symptoms stay at least 1m away from others.

6
If you develop flu symptoms and are pregnant or if you have a chronic illness go to your doctor.

7
When you meet people try not to hug, kiss or shake hands.

8
Do not touch your eyes, nose or mouth without washing your hands first.