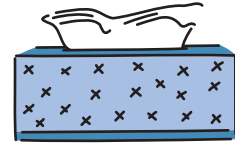




PROTECTING AGAINST FLU

When you cough or sneeze it is especially important to follow the rules of good hygiene to prevent the spread of germs:

Always carry tissues



Use clean tissues to cover your mouth and nose when you cough and sneeze



Bin the tissues after one use



Wash your hands with soap and hot water or a sanitiser gel often



There's a simple way to remember this:

CATCH IT, BIN IT, KILL IT