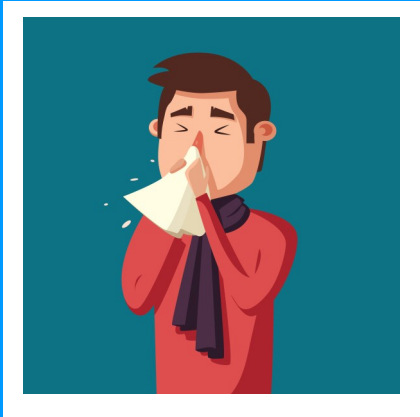
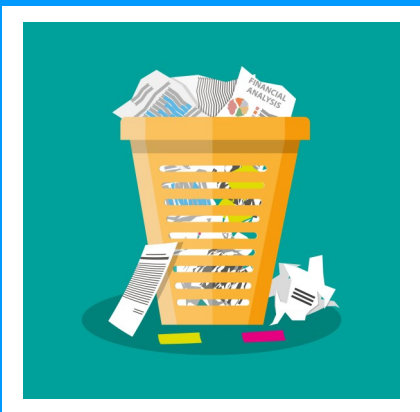


# COUGHS & SNEEZES SPREAD DISEASES



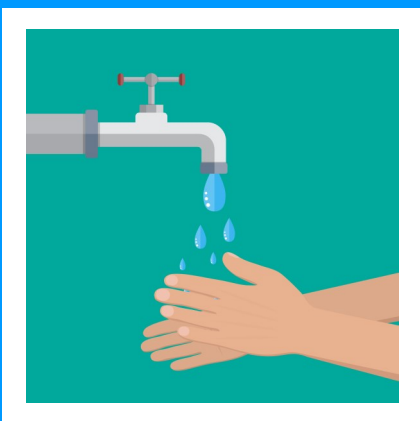
## CATCH IT

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.

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

For further information go to [www.gov.gg/immunisationprogramme](http://www.gov.gg/immunisationprogramme)

or call 707311