

# COUGHS & SNEEZES SPREAD DISEASES

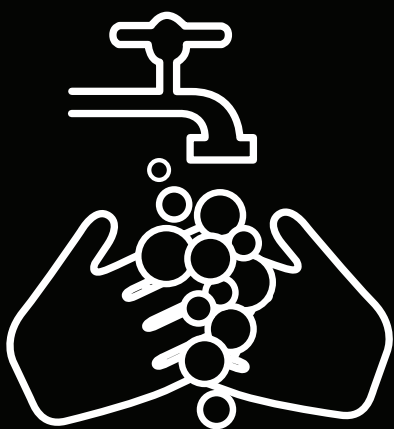


## CATCH IT

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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