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

**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.