

4 Steps to Stop Flu Spreading

Avoid touching your eyes, nose or mouth.

1 Flu viruses can spread from contaminated surfaces to your hands. Touching your nose, mouth, or eyes can lead to infection.



2 Wash your hands often with warm water and soap

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3 Cover your mouth and nose with a tissue when you cough or sneeze

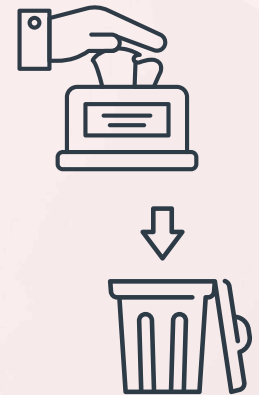
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If you do not have a tissue, cough or sneeze into the bend of your elbow, not into your hand



4 Bin used tissues as quickly as possible

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Do's(✓) & Don'ts (✗) when infected with Flu

Do's

- ✓ Rest and sleep
- ✓ Take paracetamol or ibuprofen to reduce fever and relieve aches and pains
- ✓ For children, only give suitable medicines as directed on the packaging
- ✓ Drink plenty of water to avoid dehydration

Don'ts

- ✗ Do not give aspirin to children under the age of 16
- ✗ Do not come to the office if you're experiencing flu symptoms