





protect yourself

from pandemic influenza

What you can do to protect yourself from flu

<p>1. Always carry tissues with you, and cover a cough or sneeze with a tissue (rather than your hands). If you don't have a tissue, use the inside of your elbow or upper sleeve rather than your hands.</p> <p>Throw used tissues away into suitable containers - don't keep the flu in your pocket!</p>	
<p>2. Always wash your hands thoroughly with soap and warm water (or alcohol wipes) straight after coughing, sneezing or blowing your nose or wiping a child's nose. Wash your hands before you touch anything else or your germs can spread to anything you touch.</p> <p>Always wash your hands before touching your mouth, nostrils, eyes or anything that goes in your mouth. Your hands could have picked up the flu virus from something you touched.</p>	
<p>3. Stand back from other people, at work and in public. Try to keep at least a metre (a very large step) from others. Avoid crowded places, especially indoors.</p>	
<p>4. Know the signs of flu. The flu comes on fast and hard. The main symptoms of flu are fever, cough, fatigue, sore throat and body pains.</p>	
<p>5. Stay home if you're sick, and keep sick children home too. The flu spreads easily.</p> <p>Don't visit people who have flu, or areas affected by it, and don't share food or dishes.</p>	