

PROTECTING YOURSELF AND OTHERS AGAINST RESPIRATORY ILLNESS

- HAND HYGIENE IS THE MOST IMPORTANT THING YOU CAN DO TO PROTECT YOURSELF
- Cover your nose and mouth when coughing or sneezing
 - Cough/sneeze into your arm
 - Use a tissue and dispose of it after use
 - Always wash hands after coughing and sneezing
- Keep your hands away from your mouth, nose and eyes
- Avoid contact with individuals with influenza-like symptoms
- Remain at least 2 metres apart from individuals with influenza-like symptoms
- Influenza is preventable: get your flu shot yearly!