



# Coughs and 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.



If you or your family are at an increased risk  
of getting flu, see your GP now about having  
the vaccination.