

FIGHT FLU

Reduce
your
risk:

- Wash hands well with soap and warm water. No soap? Use an alcohol-based hand cleaner.
- Try not to touch your mouth, nose or eyes after handling shared surfaces like door knobs, light switches and elevator buttons.
- Don't shake hands with people if you're sick, and keep your distance. At least two metres is recommended.
- Cover your mouth and nose with a tissue when you sneeze. No tissues? Use your upper arm, not your hands.
- Get the flu shot.



Protect yourself. Protect others. **Fight flu.**