

# Stop *the spread of* flu germs

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



Put your used tissue in a lined rubbish bin or in a plastic bag



Wash and dry your hands often, especially after coughing or sneezing – use soap or hand gel



Stay away from others if you're sick



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 health promotion agency

New Zealand Government

[www.health.govt.nz/influenza](http://www.health.govt.nz/influenza)

Protect your family/whānau from inFLUenza

 MINISTRY OF HEALTH  
MANATŪ HAUORA

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