



the flu and you

Help stop the spread ...

***Cover your
mouth and nose
when you cough
or sneeze***



Australian Government
Department of Health and Ageing

For further information read *The flu and you* brochure, visit
www.health.gov.au/fluandyou or freecall 1800 004 599



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Help stop the spread ...

***Dispose of
used tissues
in the bin***



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Help stop the spread ...

***Wash
your hands
properly
and regularly***



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