

# 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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[www.moh.govt.nz/pandemicinfluenza](http://www.moh.govt.nz/pandemicinfluenza)

**Protect your family/whānau from inFLUenza**

New Zealand Government

 **MINISTRY OF HEALTH**  
MANATŪ HAUORA

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