


**SWINE FLU
INFORMATION**

0800 1 513 513

www.nhs.uk

www.direct.gov.uk/swineflu



Germs. Out in a second, around for hours.

When you cough or sneeze, your germs go everywhere. Fast. And once they've hit a surface, they can survive for hours. Covering your mouth and nose with your hand won't stop them. But a tissue will. Catch the sneeze, then bin the tissue and wash your hands with soap and water as soon as possible to kill the germs. The current swine flu alert increases the importance of this.

Catch it. Bin it. Kill it.



Calls to this number are free from UK landlines and most mobiles.