

protect yourself

from pandemic influenza

Protect yourself from the flu

There are simple things you can do each day that will also help in the event of a pandemic flu.



1. Cover your cough

Make sure you cover your coughs and sneezes with a tissue. If you don't have a tissue, use your upper arm rather than your hands. You may spread the virus with your hands.



2. Wash your hands

Get into the habit of washing and drying your hands often. The flu virus can survive on hard surfaces for up to 48 hours and can spread through contact between people's hands.



3. Keep your distance

The flu virus can spread easily from an infected person even before they realise they are sick. Try to keep a large step away from other people when you are in public.



4. Know the signs of flu

Sudden onset of fever, cough, extreme tiredness and body aches are the main signs of flu. Other common signs are headaches and a sore throat.



5. Stay at home

If you notice you have flu-like symptoms and think you may be getting sick, stay at home.