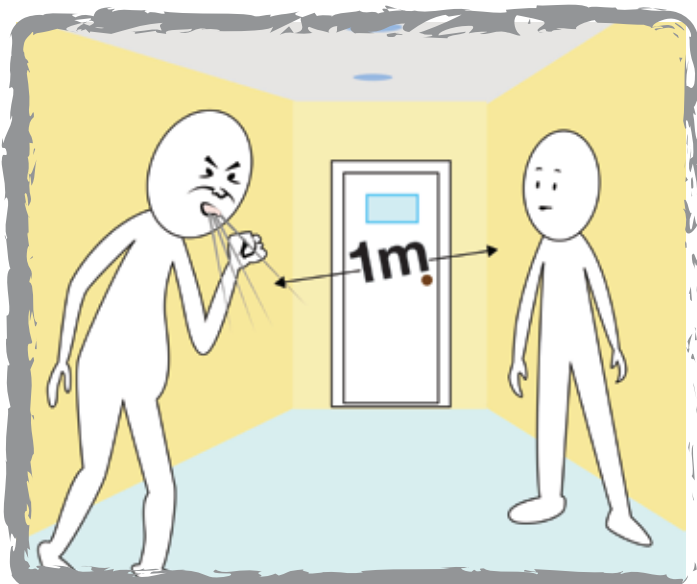


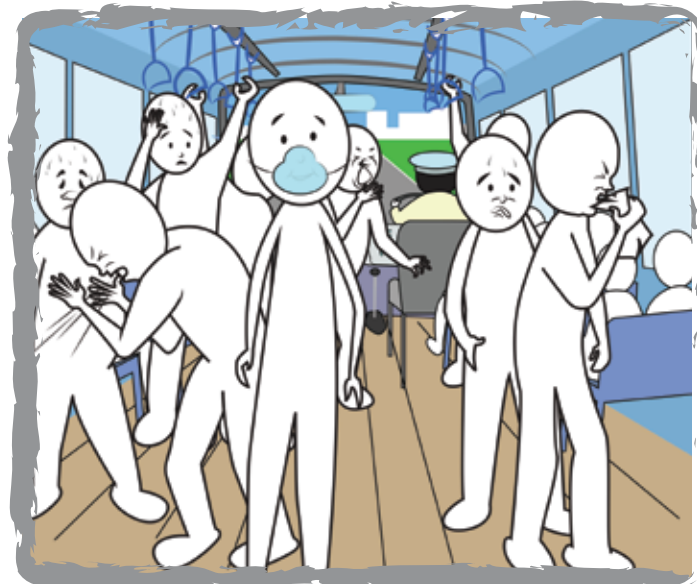
Simple actions can protect you from seasonal influenza

Seasonal influenza affects millions every winter.

Protect yourself and others



Avoid close contact with sick people



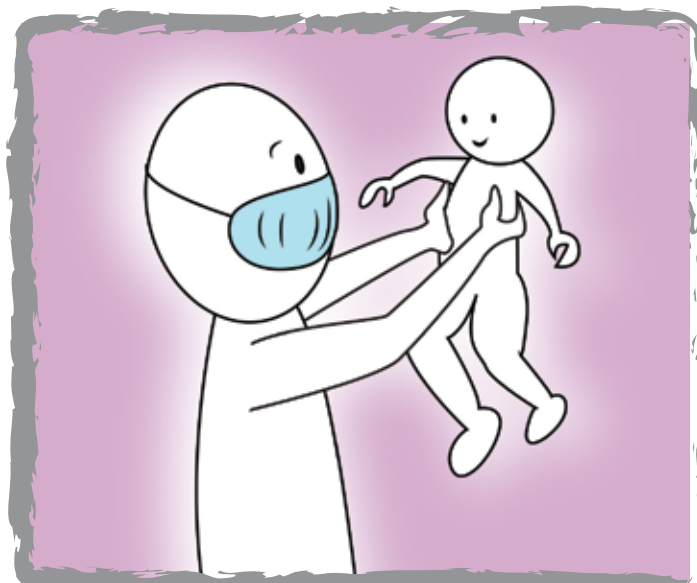
Wear a face mask in crowded places



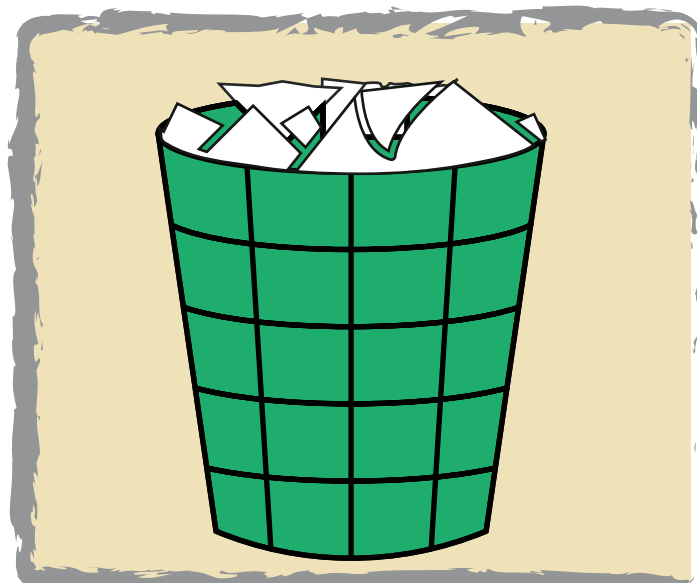
Cover your nose and mouth with a tissue when you cough or sneeze



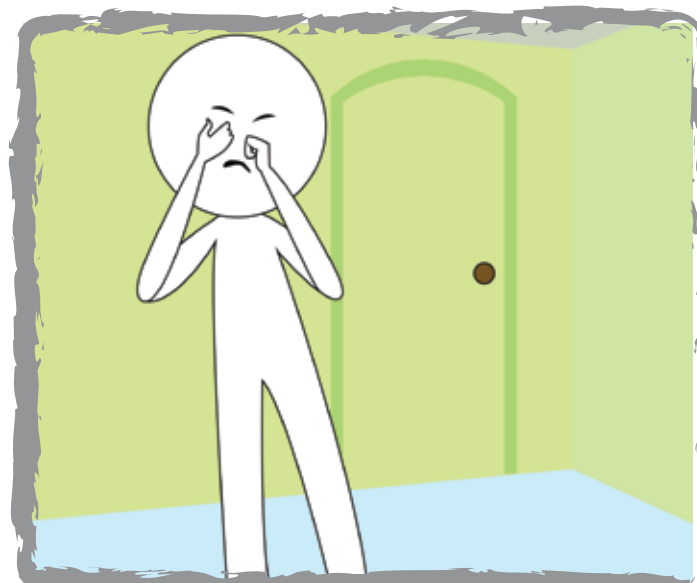
Wash your hands regularly with soap and water



People at high risk and those around them with influenza-like symptoms should take extra precautions



Throw away used tissues and disposable items in a rubbish bin



Avoid touching your eyes, nose or mouth with unwashed hands



Stay home for at least 24 hours after your fever has gone

