



FLU

GUARD ITS SPREAD.
TAKE COVER!



1



2



3



4



5



FLU

CONTROL ITS SPREAD.



1



2



3



4



5

PRACTISE GOOD PERSONAL HYGIENE

- Wear a surgical mask if you are unwell.
- Cover your mouth and nose with a tissue when coughing or sneezing.
- Never spit in public places.



For more information on how you can stay flu free, visit www.hpb.gov.sg or call HealthLine at 1800 223 1313.

HPB P 491-08(A)

PRACTISE GOOD PERSONAL HYGIENE

- Wash your hands thoroughly and regularly with soap and water, especially before touching your eyes, nose or mouth and after going to the toilet.



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HPB P 491-08(B)