

Help stop the flu from spreading!

Catch it!



Always cough or sneeze into a tissue

Bin it!



Always throw the used tissue in a bin

Kill it!



Always wash hands with soap and hot water

Follow these 3 steps and help stop the flu from spreading!

Symptoms include:

- Fever
- Sore throat
- Cough
- Runny nose
- Chills
- Headache and body aches

Further information is available on www.hse.ie or www.dohc.ie

Flu Information Line

Freephone 1800 94 11 00