



## **If you could see flu germs, you'd see how quickly they spread.**

Cold and flu germs can live on some surfaces for hours. To protect yourself and others this winter, always carry tissues with you and use them to catch your cough or sneeze. Bin the tissue, and to kill the germs, wash your hands with soap and water, or use a sanitiser gel. This is the best way to help slow the spread of flu. For more information visit [www.nhs.uk](http://www.nhs.uk)

**Catch it. Bin it. Kill it.**