



Slow the spread of germs

Follow these 3 steps:

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



1

Use a tissue when you sneeze and then bin it



2

Wash your hands thoroughly with soap and water



3

Ensure all hard surfaces are kept clean



HEALTH AND SOCIAL SERVICES
A STATES OF GUERNSEY GOVERNMENT DEPARTMENT

www.gov.gg
www.direct.gov.uk/swineflu
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