COUGHS AND SNEEZES SPREAD DISEASES

Protect yourself from flu this winter

- Cover coughs and sneezes with a tissue
- Throw tissues away into a rubbish bin
- Wash and dry your hands regularly
- Don’t get run down, get plenty of sleep and eat a healthy diet
- Get a flu vaccination from your doctor
- If you are sick, stay at home and tell someone so they can check on you

More information is available on the Health Service web site

rmit.edu.au/healthservice