

A close-up photograph of a man with short brown hair, wearing a dark green sweater over a light blue collared shirt. He is coughing, with his eyes closed and his hand held up to his mouth. A cloud of small white particles, representing germs, is visible around his hand and face. The background is dark and textured.

Coiste Gairmoideachais
Chathair Chorcaí

City of Cork Vocational
Education Committee

Coughs and Sneezes spread Diseases

Please help us to stop
the spread of Swine Flu

- Regularly wash your hands with sanitising Hand Gel
- Always cover your nose and mouth with clean tissues, when coughing or sneezing
- Always dispose of used tissues into a bin immediately
- Clean surfaces regularly with Hard Surface Cleaner with Biocide to get rid of germs

Germs. Out in a second, around for hours.

When you cough or sneeze, your germs go everywhere. Fast. And once they've hit a surface, they can survive for hours. Covering your mouth and nose with your hand won't stop them. But a tissue will. Catch the sneeze, then bin the tissue and wash your hands with soap and water as soon as possible to kill the germs. The current swine flu alert increases the importance of this.

Catch it, Bin It, Kill it.