
**PLEASE COPY THIS AWARENESS
POSTER AND PLACE COPIES IN
PROMINENT LOCATIONS**

**PROTECTING YOURSELF AND OTHERS
AGAINST RESPIRATORY ILLNESS**

**HANDWASHING IS THE MOST IMPORTANT
THING YOU CAN DO TO PROTECT YOURSELF**

- Cover your nose and mouth when coughing or sneezing
 - Use a tissue and dispose of this once used in the waste
 - Always wash hands after coughing and sneezing or disposing of tissues.
 - Keep your hands away from your mouth, nose and eyes.
 - Avoid contact with individuals at risk (e.g. small children or those with underlying or chronic illnesses such as immune suppression or lung disease) until influenza-like symptoms have resolved.
 - Avoid contact with people who have influenza-like symptoms.
 - Ask people to use a tissue and cover their nose and mouth when coughing or sneezing and to wash their hands afterwards.
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