

**SWINE FLU  
INFORMATION**

**0800 1 513 513**

[www.direct.gov.uk/swineflu](http://www.direct.gov.uk/swineflu)

**Germs. Out in a second, around for hours.**

Catch your cough or sneeze in a tissue. Bin it, and wash your hands as soon as possible. This is the best way to protect yourself and others, and help slow the spread of germs. The swine flu pandemic increases the importance of this.

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

