



IF YOU HAVE A COUGH OR COLD



Use the hand sanitiser



Place mask over nose, mouth and chin—these are for children too.
Tell a member of staff that you may have the flu.

If you are worried about your symptoms, call your normal General Practice number at any time of night or day. Out of hours, a registered nurse will advise you what to do. More information available from www.fightflu.co.nz