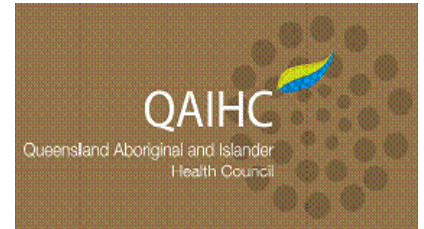


# SWINE FLU: PROTECT OUR MOB

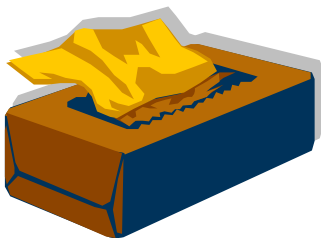


## 1. Wash Hands

- ♦ With soap/water or alcohol nappy wipes
- ♦ After people contact
- ♦ After Coughing/blowing nose
- ♦ Before preparing foods



## 2. Cover your mouth/nose when coughing or sneezing



- ♦ Blow nose with tissue and dispose of

Use a mask if you can



## 3. Get your Flu/Pneumavax Needles

(all Murri's over 15yrs are eligible)

Questions: call your Medical Centre or the

Aust. Govt. free call 1800 004 599

