

WHAT YOU CAN DO TO PROTECT YOURSELF AND OTHERS FROM PANDEMIC FLU

- Use a tissue to cover your nose and mouth when coughing and/or sneezing. Dispose of the tissue promptly and then wash your hands
- Wash hands frequently with soap and water, especially after coughing, sneezing, and using tissues. An alcohol hand rub could be used as an alternative for cleaning hands
- Avoid touching your mouth, eyes and/or nose, unless you have recently cleaned your hands
- Use normal household detergent and water to clean surfaces frequently touched by hands
- Before you leave work you should wash your hands, and then wash them again soon after you arrive home
- Tissues should be disposed of in domestic waste and do not require any special treatment. Used tissues should be put in a waste bin immediately after use or as soon as is feasible. You should wash your hands after the tissues have been disposed of

Additional fire service specific messages can be found within the following document.

NHS: Pandemic Influenza guidance for the Fire Service - 2008

https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/359488/Pandemic_influenza_guidance_for_the_fire_and_rescue_service.pdf