

INFLUENZA

# SIMPLE STEPS TO LIMIT THE RISKS OF TRANSMISSION



**WASH YOUR HANDS  
SEVERAL TIMES A DAY WITH SOAP**  
OR USE A HYDROALCOHOLIC SOLUTION



**WHEN YOU COUGH OR SNEEZE  
COVER YOUR MOUTH AND NOSE  
WITH YOUR SLEEVE**  
OR A DISPOSABLE HANDKERCHIEF



**IN CASE OF FLU SYMPTOMS,  
CALL A GP**  
DIAL 15 IN CASE OF EMERGENCY ONLY

**FOR FURTHER INFORMATION**

**0 825 302 302**

(0,15 euros a minute from a land line)

[www.pandemie-grippale.gouv.fr](http://www.pandemie-grippale.gouv.fr)

**Each behaviour leads to everyone's health**

