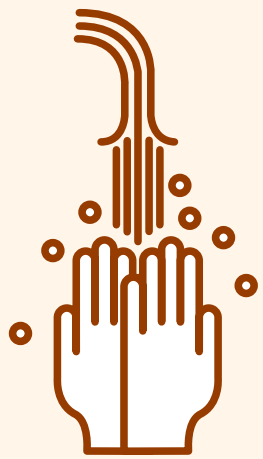


**INFLUENZA**

# **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**



[www.inpes.sante.fr](http://www.inpes.sante.fr)  
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la santé

