



Government of the Republic of Trinidad and Tobago

Ministry of Health

Cover your coughs and sneezes please.



always **carry** tissues



always **cover** your coughs and sneezes with a tissue



always **throw** used tissues in a bin



always **wash** your hands

Coughs and Sneezes Spread Diseases

Protect yourself and others against seasonal Influenza A H1N1



www.health.gov.tt



Ministry of Health-Trinidad and Tobago



TrinidadHealth



MoH_TT