WASH YOUR HANDS WITH SOAP AND WATER.

Practise the F.I.G.H.T. steps to protect your family and friends from the flu and other infectious diseases.

Find out more at fightthespread.sg
THE SPREAD FOR THOSE YOU LOVE

GO FOR YOUR FLU VACCINATION ONCE A YEAR.

Practise the F.I.G.H.T. steps to protect your family and friends from the flu and other infectious diseases.

Find out more at fightthespread.sg
Go to the doctor

Frequent hand washing  Immunisation  Go to the doctor  Home rest  Tissues and masks

See a doctor early when you feel unwell.

Practise the F.I.G.H.T. steps to protect your family and friends from the flu and other infectious diseases.

Find out more at fightthespread.sg
HOME REST

STAY HOME TO REST WHEN YOU ARE UNWELL.

Practise the F.I.G.H.T. steps to protect your family and friends from the flu and other infectious diseases.

Find out more at fightthespread.sg
Tissues and Masks

Frequent Hand Washing  Immunisation  Go to the Doctor  Home Rest  Tissues and Masks

Use tissues and masks when you sneeze or cough.

Practise the F.I.G.H.T. steps to protect your family and friends from the flu and other infectious diseases.

Find out more at fightthespread.sg
Practise the 5 F.I.G.H.T steps to protect your family and friends from the flu and other infectious diseases. Find out more at fightthespread.sg