F.I.G.H.T.
THE SPREAD FOR THOSE YOU LOVE

Health Promotion Board

FREQUENT HAND WASHING

FREQUENT HAND WASHING **IMMUNISATION** **GO TO THE DOCTOR** **HOME REST** **TISSUES AND MASKS**

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**

F.I.G.H.T.
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IMMUNISATION

FREQUENT HAND WASHING **IMMUNISATION** **GO TO THE DOCTOR** **HOME REST** **TISSUES AND MASKS**

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**

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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**

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HOME REST

FREQUENT HAND WASHING **IMMUNISATION** **GO TO THE DOCTOR** **HOME REST** **TISSUES AND MASKS**

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**

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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**

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F.I.G.H.T.

THE SPREAD FOR THOSE YOU LOVE

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**