

Little ways to protect our little ones



With simple actions we can reduce the spread of flu, cold, ear infections, sore throats, conjunctivitis and tummy bugs.

Wash, wash, wash our hands.

Big people and little people should wash hands regularly during the day.

A-tissue!!!

When we cough or sneeze, catch it in a tissue and throw the tissue away.

Tuck-in.

Staying at home, in bed, with rest and fluids, will prevent infections spreading.



For great advice from GPs, pharmacists and the HSE on everyday illnesses you can treat yourself, at home.

Visit [undertheweather.ie](https://www.undertheweather.ie)



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