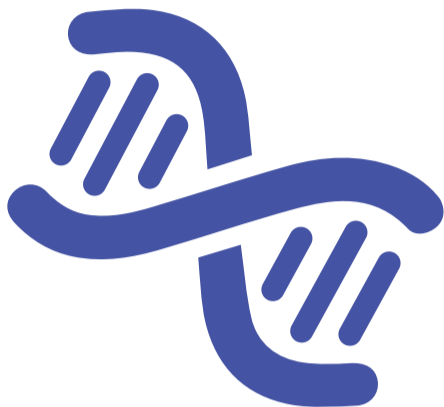
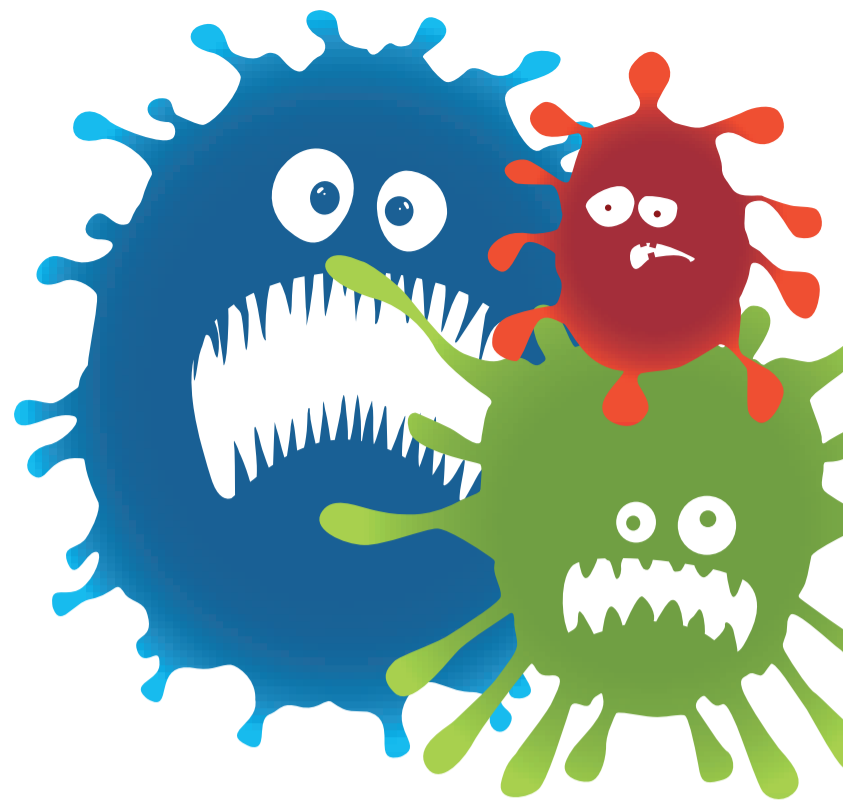


Be a **flu fighter**  
Protect yourself  
and your family  
this winter

# Facts about flu



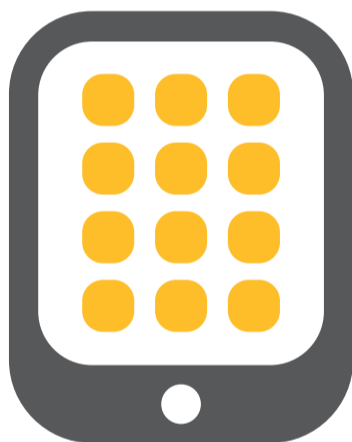
We are fighting the flu virus, a virus with an extraordinary power of infection. Once there's an outbreak, the workplace is an everyday battlefield



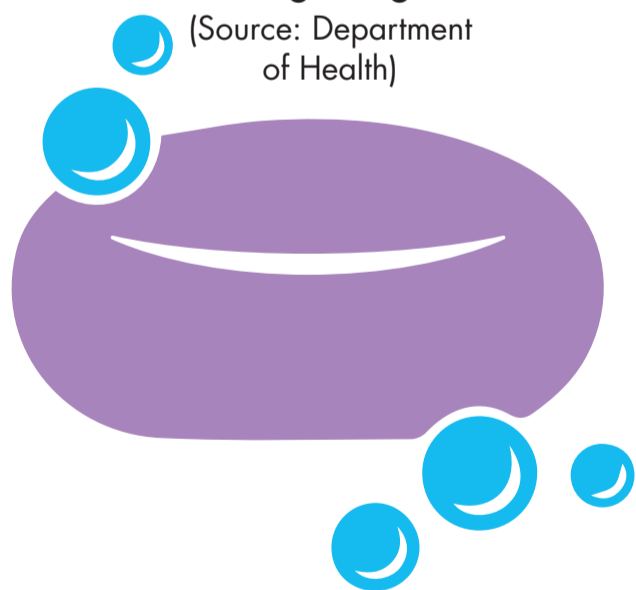
The time the cold virus can linger on bank notes

**4,700**  
People die from flu every year in England after getting flu

(Source: Department of Health)



Flu germs can live on the things around you. From people's phones to doorknobs



**15-20 seconds**

The time you need to wash your hands with soap before touching other things



**80-100mph**

The speed a sneeze travels at

**20 seconds**  
The amount of time the droplets from a sneeze can hang in the air

