

<http://www.crystal-creation.com/web-appli/technical-information/programming/php/network/cache/no-cache/>

```
header( 'Expires: Thu, 01 Jan 1970 00:00:00 GMT' );  
header( 'Last-Modified: '.gmdate( 'D, d M Y H:i:s' ).' GMT' );  
  
// HTTP/1.1  
header( 'Cache-Control: no-store, no-cache, must-revalidate' );  
header( 'Cache-Control: post-check=0, pre-check=0', FALSE );  
  
// HTTP/1.0  
header( 'Pragma: no-cache' );
```