





Viral infections – hygiene works!

By taking just a few simple measures, you can help protect yourself and others against infectious diseases.

Key hygiene tips:

-  **1. Keep your distance from people who are coughing, sniffing or who have a fever** – including those suffering from seasonal cold and flu illnesses.
-  **2. If you need to cough or sneeze, use a tissue or the crook of your arm.** If you use a tissue, make sure you dispose of your used tissue in a bin with a lid.
-  **3. Keep your hands away from your face** – avoid touching your mouth, eyes or nose with your hands.
-  **4. Wash your hands regularly and properly (at least 20 seconds) with soap and water** – especially after blowing your nose, sneezing or coughing.

