

PROTECT YOURSELF FROM INFECTION

When a sick person coughs or sneezes they can:

- Propel airborne germs into the air that others inhale
- Spray droplets directly on to you
- Splash and spray germs onto surfaces that you touch



AVOID TOUCHING YOUR FACE

Keep your hands and fingers off your:

- Eyes
- Nose
- Mouth



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WASH YOUR HANDS REGULARLY

- With SOAP and WATER
- Use alcohol rub if not visibly dirty
- After using the bathroom
- Before you eat
- After blowing your nose and disposing of tissues
- Keep surfaces clean

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PPE and MASKS

Masks are useful:

- If you are sick
- If you are caring for someone who is sick
- You work in health care



COVER YOUR COUGH

Cough or sneeze:

- Into your elbow or tissue
- Put tissues in a closed bin and wash hands



KEEP YOUR DISTANCE

- If you are sick keep your distance from others
- Especially if you are coughing, sneezing, have fever
- When caring for someone who is sick, keep your distance
- If you are unwell
 - Call in sick
 - Stay home
 - **SEEK HELP**



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