

## How to Avoid Colds and Flu

There are a number of steps you can take to minimise your risk of catching colds and flu:

Action	Reason
Wash Your Hands Frequently	The cold and flu viruses can be passed on from hands and other surfaces. Wash your hand, front and back, paying particular attention between the fingers and under your nails. Use soap and warm water and wash thoroughly for at least 15 seconds. Dry your hands thoroughly.
Avoid Touching Your Eyes, Nose or Mouth	The majority of infections are spread from surfaces to your hands and then to your face. The viruses can enter the body via the eyes, nose and mouth.
Use Disposable Tissues	Don't use reusable cloth handkerchiefs and don't leave used tissues lying around, dispose of them immediately.
Cover Your Mouth	Avoid spreading the virus by covering your mouth when you cough or sneeze and preferably use a disposable tissue.
Avoid Contact with Those Infected	Avoid close contact with anyone who has cold or flu symptoms to avoid contracting the virus.
Wash Surfaces Regularly	Wash communal surfaces such as door handles, light switches and telephones regularly with hot, soapy water or an antibacterial cleaner.
Wear Gloves in Public Places	This helps to reduce the amount of skin exposure to the viruses. Gloves are especially important when using public transport, handrails on escalators, etc. Wash gloves regularly.