

Handy tips to fight the spread of flu

Hand hygiene is especially important after using the bathroom, before eating, or after coughing or sneezing.



Regular hand washing

Wash your hands effectively:

- 1** First, wet your hands with water, then create a good lather with soap.


- 2** Next, rub your hands together vigorously for 20 seconds, ensuring you rub your wrists and between each finger. Clean under your fingernails, too.


- 3** Rinse your hands thoroughly and dry them with a clean paper towel or air dryer.


- 4** In a public restroom, shut off the tap using a paper towel. Push the door open with your shoulder, or use another paper towel to turn the knob.



More helpful tips:



BLOW AND TOSS

Use a tissue to blow your nose or to catch a sneeze, then bin it!



THE HANDS-OFF APPROACH

Don't cough into your hand - sneeze or cough into the crook of your elbow instead.



DISPENSE WITH FLU

Keep hand sanitiser handy. Rub hand sanitiser all over your hands, fingers, and wrists until dry.