





# 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.

