

Top Tips to Prevent the Spread of Viruses



When you cough or sneeze,

use a tissue or cough/sneeze into your bent elbow. Do not cough/sneeze into your hand. Throw away used tissues immediately then wash your hands with soap and warm water.



When you are sick,

stay home or keep your distance (at least 2 metres) from others until you are no longer showing symptoms. Encourage others to do the same.



Frequently clean

surface areas in your home/office, especially doorknobs, light switches, cellphones, telephones and keyboards.



Wash your hands often,

especially after coughing, sneezing or using tissues; before and after preparing food or eating; after petting an animal; and after using the bathroom. Wash hands with soap and warm water for at least 15-20 seconds (e.g., the length of time it takes to sing "Happy Birthday" twice). If soap and water are not available, use alcohol-based hand sanitizer. Use single-use towels, e.g., paper towels; do not use a shared hand towel.



Consider a wave

or elbow bump in place of a handshake, hug or kiss.



Don't touch your face,

especially your eyes, nose or mouth, with unwashed hands.