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3 THINGS

You Can Do To Avoid Infection

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The three steps outlined in this leaflet can help prevent the spread of infection from colds, influenza ('the flu')* and diseases like:

- Bacterial Sore Throat
- Chicken Pox
- Influenza*
- MMR* (Mumps, Measles & Rubella)
- Pneumonia*
- SARS
- Tuberculosis*
- Whooping Cough*

* Check with your doctor to see if you are up to date with immunisations against these diseases.

Further information is available from www.cawt.com

Based on 'A Speak UpSM Safety Initiative' produced by the Centres For Disease Control and Prevention, USA.

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Avoiding contagious diseases like the common cold, sore throat, and influenza ('the flu') is important to everyone. Here are three easy things you can do to fight the spread of infection.



Wash Your Hands

- Use soap and running warm water. Wet hands and wrists. Apply soap and rub vigorously for at least 15 seconds, paying particular attention to under nails, backs of hands, thumb and wrists. Rotate any rings you may be wearing, so you can wash under them. Likewise push your watch further up your arm or remove it, to help with washing wrists. Rinse well and dry thoroughly.
- Wash your hands before touching or eating food. Wash them after you use the bathroom, take out the rubbish, change a nappy or play with a pet.
- Doctors, nurses, and all healthcare workers may come into contact with bacteria and viruses. Before you are treated by a healthcare worker, please feel free to ask them if they have washed their hands properly prior to treating you.



Cover Your Mouth and Nose

- Many diseases are spread through sneezes and coughs. When you sneeze or cough, the germs can travel 3 metres or more! By controlling coughs and sneezes when you are sick, you can help prevent the spread of infection to others.
- Use a tissue! Keep tissues handy at home, at work and in your pocket. Dispose of tissues in an appropriate manner and then wash your hands.
- If you don't have a tissue, cover your mouth and nose with the crook of your elbow or hands. If you use your hands this way, then wash your hands right away, or as soon as possible.



Avoid Close Contact With Others

- When you go for medical treatment, phone ahead and ask if there's anything you can do to avoid spreading infection to other people in the waiting room.
- If you are sick with a fever or other symptoms of a infectious illness, stay away from other people by staying at home.

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