

**Remember hand washing is the single most effective way to reduce the spread of germs that cause respiratory disease.**

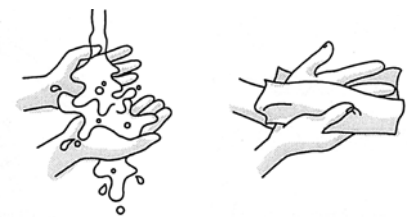
### How to wash and dry hands with soap and water



- Remove jewellery and cover abrasions;
- Wet hands with warm water, then apply soap or liquid soap;



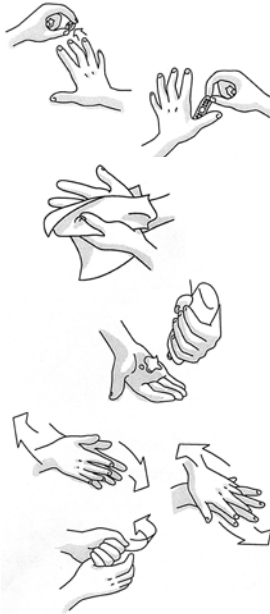
- Lather for 15-20 seconds;



- Rinse hands under running water; and
- Dry hands with clean towel.

During the lather, pay particular attention to the backs of hands and fingers, fingernails, fingertips and the webbing between fingers.

### How to clean hands and remove germs using an alcohol-base liquid or hand rub



- Remove jewellery and cover abrasions;
- Use water or a wet wipe to remove visible soiling;
- Dispense product into dry hands; and
- Rub all surfaces of hands for one minute.

When rubbing, pay particular attention to the backs of hands and fingers, fingernails, fingertips and the webbing between fingers.

Alcohol base liquid hand rubs come in small containers which can be carried in your bag, briefcase, or in your pocket. Protect your health and wipe your hands over at least ever hour or when you have performed the tasks mentioned above.

**Remember there is also a vaccine to help prevent you from getting the flu. See your GP for more information.**



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# Prevent flu and other infections



There are many simple things everyone can do to help prevent you from getting the flu or other infections. These include:

- Hand hygiene;
- Cough and sneeze etiquette;
- Standing or sitting away from other people;
- Household and workplace hygiene; and
- Knowing what to do when you are sick.

Many infections especially respiratory diseases are easily spread from one person to another. These steps will help you avoid getting sick, and passing infection on to others.

## 1. Hand Hygiene

Hand hygiene is crucial to reducing the transmission of infectious viruses and bacteria. Hand hygiene includes washing hands with soap and water or cleaning hands with alcohol-based products (gels, rinses, foams) that can be used without water.

These easy steps help you fight germs and lessen your chance of getting sick. Many respiratory diseases, including the common cold and flu, are contagious - they spread easily from one person to another through coughing and sneezing in close proximity to another person and touching contaminated surfaces with your hands:

### *Wash your hands properly and often*

Most of us don't pay close attention to how we wash our hands. It's important to learn the right way to wash your hands.

#### **To wash your hands properly**

- Take off any jewellery first;
- Wash your hands with regular soap and water. You don't need antibacterial soap to remove dirt and germs - using antibacterials when they aren't needed can lead to antibiotic resistance.

#### **When to wash your hands**

- Before and after you eat or prepare food;
- After you use the toilet or change diapers;
- After you blow your nose, sneeze or cough; and
- Before and after taking care of someone who is sick.

## 2. Cough and sneeze into a tissue or your sleeve

Viruses are commonly spread through sneezing and coughing. Viruses live in the saliva and mucus in our nose and throat - when we sneeze or cough, we spray these infected droplets into the air.

- Cough or sneeze into a tissue, throw the tissue away, and wash your hands. Use disposable tissues rather than your hands or a handkerchief (which could store the virus).
- If you don't have a tissue, turn away from people and cough into your shoulder or the crook of your elbow.

## 3. Standing or sitting back from other people

A very simple way of reducing the chances of being infected or passing on respiratory viruses is to stand or sit back from other people in public or in the workplace. You should try to maintain a distance of one metre (arms length), where possible.

## 4. Keep your home and work space clean

Clean your home and work spaces regularly with water and detergent. Regular cleaning is best for most homes and workplaces. There is no need to use antibacterial cleaners (disinfectants). They are not necessary and using them may increase antibiotic resistance.

## 5. If you are sick yourself, stay away from other people until you stop coughing or sneezing

If you have a contagious sickness like the flu or a cold, do your best to stay away from other people, especially those who are:

- Elderly;
- Very young (babies and children);
- Frail or have a chronic (long-term) illness;
- Have a chronic lung disease; and
- Pregnant.

You should try to avoid crowded gatherings, especially in enclosed spaces.

### *Cough etiquette and respiratory hygiene*



#### **Cover your cough**

- When coughing or sneezing, use a tissue to cover your nose and mouth;
- Dispose of the tissue afterwards.



#### **Wash your hands**

- After coughing, sneezing or blowing your nose, wash your hands with soap and water;
- Use alcohol-based liquids, gels or wipes if you do not have access to soap and water.