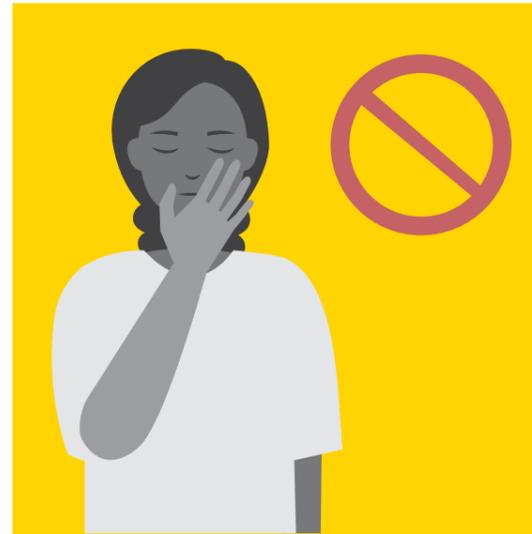


# PREVENT THE SPREAD OF RESPIRATORY DISEASES

Help to prevent the spread of respiratory (breathing) diseases by following these recommendations



Wash all surfaces of your hands with soap for at least 20 seconds. Frequent handwashing is the most effective way to protect yourself and others from respiratory diseases.



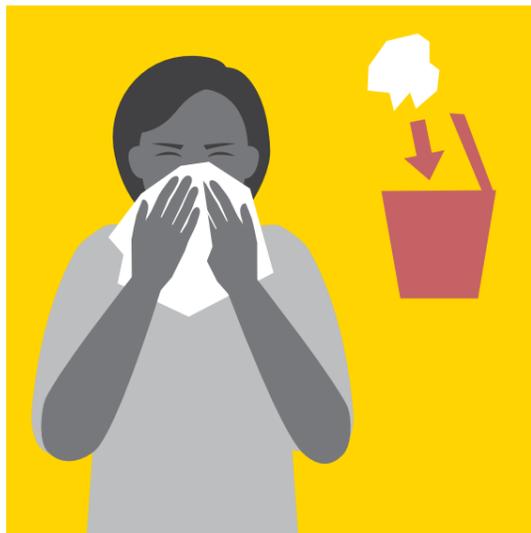
Avoid touching your face. If germs are on your hands, they may enter your body through your eyes, nose or mouth.



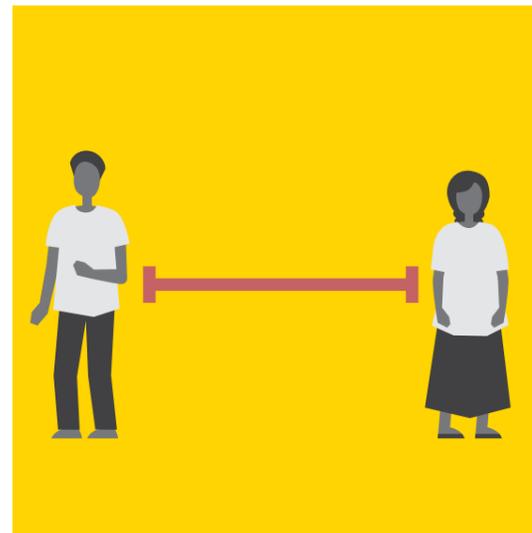
Many of the germs that cause respiratory diseases are spread by droplets in the air after coughing and sneezing. It is also possible to become infected by touching something with germs on it and then touching your eyes, mouth or nose. Infectious respiratory diseases include Covid-19, pneumonia, bronchitis, influenza, diphtheria and tuberculosis.



Some germs can live on surfaces for several hours. Clean surfaces regularly with disinfectant.



Cover your mouth and nose with a tissue when you cough or sneeze. Dispose of the tissue immediately. If you do not have a tissue, turn away from other people and use your bent elbow.



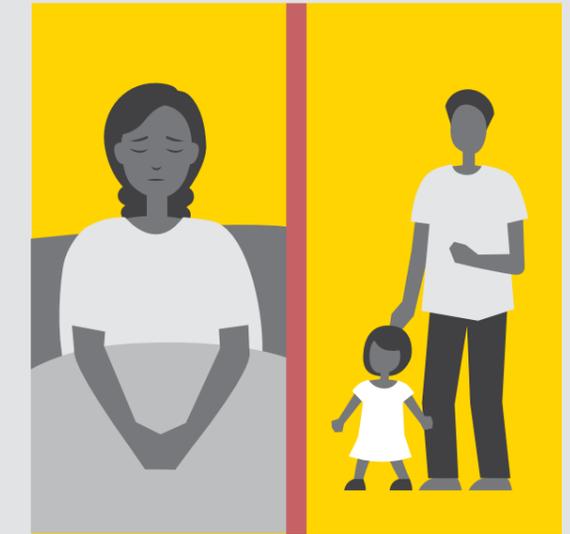
Reducing physical contact helps to prevent the spread of respiratory diseases. During disease outbreaks, stay at least two metres (six feet) away from other people and wear a face covering if you are advised to do so. If you are unwell, stay at home as much as possible.



The elderly, people with existing health conditions and some people living with disabilities may be at greater risk of becoming very ill if they develop a respiratory disease. During disease outbreaks, support vulnerable people to stay at home to help protect them from infection.

## CARING FOR A SICK PERSON

Take special care if you are looking after someone who is unwell with a respiratory disease.



Help the person who is unwell to stay at home and keep their distance from other members of the household until they have recovered.



Provide them with their own bedding, towels, food and kitchen utensils. Thoroughly wash anything they have used and clean surfaces regularly with disinfectant. Encourage everyone in the household to wash their hands regularly.