



REDUCE YOUR RISK OF INFECTION:

- 1 Clean hands with soap and water or alcohol based hand rub.
- 2 Wash your hands with soap and water when hands are visibly dirty
- 3 If your hands are not visibly dirty, wash them with soap and water or alcohol based hand rub
- 4 Avoid close contact with anyone with cold or flu-like symptoms
- 5 Cover nose and mouth when coughing and sneezing with tissue or flexed elbow